

# ***DARE TO BELIEVE***

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## ***PROLOGUE***

The information contained in this book was brought forth through the Art of Metaphysical Communication. If you are not familiar with this term then now is the time to do some personal investigation and make yourself aware of its ‘true’ meaning.

Skeptics and those in authority would have you believe it to be negative or something fake or foolish. You are far more intelligent than they give you credit, so decide for yourself what to believe. Do not allow others to tell ‘you’ what you can or cannot believe about *Yourself*, about the *World*, or about *God*.

Be not fearful or afraid, seek the truth from within yourself, and find therein the real truth, ‘your’ truth. Follow ‘your’ heart and mind in all things as you go forth to make the world a better place for ‘all’ peoples to live and prosper in peace and unconditional love.

There will be a time when people need to know a more in-depth approach to bringing peace into their daily lives. This will allow them to fully understand the plight of others and to understand that each is living a human experience; an energy being that will one day leave this world.

There are many who are ready to walk a new path, but do not know how to break out of the knowledge shelter that has been created for them by society and their parents. Those who have broken free from such control seek new material that is suitable to help guide them on their new spiritual journey, yet all they find is too many books today that are written with a few pages of true knowledge and a lot of so-called fluff or filler material added simply to drive up the cost for the author and publisher. There is no need for extra wording or extra routine when simply the intention is what the new seekers truly desire. The basic needs of humankind should come first, long before the need for power and wealth.

Remember, “Treat others as you, yourself, wish to be treated.” This was given to humankind long before Jesus walked the Earth.

## Chapter 1

### ***JESUS: THE SIMPLE TRUTH***

Question.

Were you born in a manger?

Answer.

Mary and Joseph, my mother and father in that lifetime would be in today's terminology viewed as being from the upper-class. So I was not born in a manger surrounded by domesticated animals as is commonly depicted by the nativity scenes in your current time.

Joseph and Mary were directed to a grotto operated by those who were called Essenes. This was done more for their personal safety rather than for financial reasons or there being no available lodging. I was born in the grotto without any complications.

The grotto was located within the city of David which later many called Bethlehem. Even though the term 'grotto' refers to a cave type dwelling, it was not a dark, damp place as some might think. It was on the same standard of a well run Inn, such as those which catered to the middle and wealthier class of the time. Comfortable, well lighted, clean and dry, and well furnished.

Q.

So you were not of the poorer class as the Holy Bible would have us believe?

A.

As I just stated, my family in that lifetime was not of the poorer class. Much later, when the religious authority decided to create the story of my life in written form, they decided it would be better for the poor, superstitious and illiterate masses to believe I came from their ranks, rather than from a position of wealth and privilege.

Even in your world of today many of the wealthy and powerful elite are looked upon with disdain and mistrust; even though all have their lessons to experience.

Q.

Mary and Joseph came to the city of David because it was required due to the Roman census, is that correct?

A.

Yes, that is correct.

Q.

If your parents were not from the city of David originally, where did they come from?

A.

Mary and Joseph came from Galilee.

Q.

Wasn't Galilee where the Gentiles lived, those who the Orthodox Jews referred too as 'Heathens'?

A.

There was a time before my birth when the main populous in the city of Galilee was of those known as Gentiles, with smaller sections of the city inhabited by those of the Jewish persuasion and other lesser known groups. Mary and Joseph were Gentile by birth, not Jewish, and had strong ties to those known as Essenes.

For the most part the Gentiles and Jews maintained an uneasy truce between them, yet during Jewish holy days some vigilantly Gentiles would create chaos; sometimes leading to violence and even murder.

Later, because of this harassment a large group of Jewish 'men-at-arms' moved into Galilee to stop all violence toward the Jewish inhabitants. Once they had control over the Gentiles the Jews forced them to adopt their laws and religious customs. Those who refused were forced to leave the area, and some were killed outright; which led those who stayed to succumb to the Jewish ways without further resistance.

Mary and Joseph were therefore coerced into the Jewish ways of life. Later, when I was born I was considered a Jew, born of Jewish parents, yet my parents in secret held to their Gentile ways and Essene beliefs.

Q.

What role did the Essenes play in your early life?

A.

Most of my childhood educational training came by way of the Essenes at Mount Carmel. They brought forth knowledge concerning the overall prophecies, the basic tenants of reincarnation, how star patterns influence and interact with human events and information concerning the significance of numbers as divined through the so-called occult forces.

I was also instructed by other teachers and tutors in Jewish law and their corresponding customs in my adolescent years. I had the ability to grasp complex ideas and assimilate vast amounts of knowledge in my early youth.

Q.

When did you and your parents live in the city of Nazareth?

A.

We never lived in the so-called city of Nazareth.

Q.

Were you not known as 'Jesus of Nazareth'?

A.

It was common practice to be called by the city you were associated with or by the name of one's father, such as; 'Jesus of Galilee' or 'Jesus, son of Joseph.' Yet being called 'Jesus of Nazareth' was never used during my lifetime.

Q.

Were you not referred to as 'Jesus of Nazareth' in the old Roman Catholic Bible?

A.

There never was a city called 'Nazareth' during my lifetime. The Orthodox Jews of the time used the word 'Nazarene' to group together all those who were of a different religious philosophy than their own, it had a negative connotation to it.

Later, those in charge of translating the information that would be placed into this book would misinterpret many of the

true meanings of words from one language to another.

Many Jews did not like what I came to teach to the common people so they referred to me as a Nazarene; therefore the translators assumed incorrectly that I was from a city 'called' Nazareth, for they did not understand the true meaning of the word 'Nazarene' as used by the Jews. When the mistake was later revealed to the church, a small town in the area was re-named Nazareth to cover up the original misunderstanding.

Q.

I wish to return to your birth at the grotto, what effect did your birth generate?

A.

Word of the arrival of Mary and Joseph had already begun to spread through the community. Joseph had a thriving specialized woodworking business among other ongoing interests that catered to and made him and his family a part of the wealthier Jewish community. False rumors had been spread, which Joseph did not confirm nor deny for his family's protection; saying his bloodline could be traced back to that of the royal house of David. My parents were 'not' of the royal bloodline of David, but many in authority claimed it to be so in order to fulfill the prophetic legend of the so-called savior.

My birth at the grotto therefore brought jubilation to many because the prophets of old had been foretelling of a child who would be born of parents containing the royal bloodline, and that child would be the king of the Jews who would grow to manhood and free them from Roman rule.

So when I was born, word quickly spread that the Messiah had arrived as foretold by the prophets. There were those who celebrated in the streets under the watchful eyes of the small contingent of Roman soldiers stationed nearby.

Q.

How did the soldiers react to all that was going on around them?

A.

They observed the joyous scene but made no attempt to intervene. Not because they were afraid the crowd might turn ugly should they try to stop the festivities, even though some

had those thoughts; it had more to do with that this wasn't the first time the prophets had made similar claims in the past of a savior king being born and then being proved wrong, so the soldiers were not overly alarmed.

Q.

Did the three Magi, the kings or wise men from other lands bearing gifts visit you and your family as stated in the bible?

A.

They were not Kings from distant lands; simply wealthy merchants seeking to pay homage to the birth of someone whose family they felt might be special or important in some way. They used my birth as a means to meet and try to forge a connection with my father Joseph, thereby hoping to increase their wealth and standing in the community. My father was very wise in the ways of commerce and human behavior, and did not align himself with these men for he saw through their false gesture and no further contact was forthcoming between them.

Q.

What did you look like, your physical appearance?

A.

In my youth my hair was of a lighter shade of red. In my late twenties it was closer to a deep auburn red. It was kept short in my early youth but grown to shoulder length in adulthood, and as stated by other sources it was indeed curly at the ends. I also sported a short thick beard and mustache which was slightly darker than my hair color. My skin tone was medium brown and the more time I spent outside in the sunlight it became a few shades darker.

My eyes were light brown in my adolescence yet over time turned to a darker brown which gave me a more serious, intense look. The reports of me having deep blue or gray eyes were simply false reporting. At full growth I was just short of six feet, which for the time and region I was considered very tall. I had a commanding presence you might say, yet my facial expression conveyed a simple humbleness many could identify with. My weight fluctuated between one hundred and seventy to one hundred and eighty pounds depending on when

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we were traveling and when we were stationary in an area.

I was not thin and weak looking as depicted in some of the pictures you have hanging in your churches and homes today. I was more muscled and robust in my adult life.

Q.

What was the time and date of your birth?

A.

Since a correct standard does not exist I shall, for your understanding, use the old Julian calendar system, which is only slightly different from the Gregorian calendar, which most countries use in your present time. Therefore I was born the 12<sup>th</sup> day of June, in the year 4 AD.

Q.

At what time of day were you born?

A.

The world in that time span did not contain 'time zones' as you now have. Days were not broken into seconds, minutes, or hours. But had that day been broken into such increments of time as you have now I was born at '10:32' in the morning.

Q.

So you were not born at night on the 25<sup>th</sup> of December?

A.

No, this was more storytelling by the religious authority. That date was used by the church because many people known to them as pagan's worshiped the winter solstice as a time of rebirth and also many different faiths considered the month of December to be holy according to their beliefs. Therefore the church chose that date because it believed it would be more acceptable to all the people that a divine birth would have occurred at such a time.

Q.

So, were there Angels blowing trumpets to announce the birth of the 'Son of God'?

A.

No, simply more embellishment from the storytellers.

Q.

Is the story of the Immaculate Conception or what some call the 'virgin birth' true?

A.

No, this was simply put forth by the church to give the impression that I was the one and only 'Son of God,' therefore I was divine and holy and to be worshiped and obeyed accordingly.

During that time period in that part of the world reincarnation was a commonly held belief by many faiths, sects, cults and religions. I myself would learn about reincarnation from the Essenes and my travels through distant lands. Holy men, philosophers and scholars would educate me in their differing views concerning many things; one being their understanding of reincarnation which was widely accepted. I incorporated that wisdom into my teaching and would talk about reincarnation to those who followed my teachings as I journeyed forth.

Therefore later when the various stories and writings concerning my life were gathered and placed in written form the church decided to omit anything I had to say concerning reincarnation. They wanted the poor masses to believe they lived only one lifetime, as opposed to many. Therefore the church felt it would be easier to maintain their control over the illiterate people if they thought they only had one chance to get to heaven, and that only by following the decrees and rules of the church could they do so.

Joseph was my biological father, he impregnated Mary and I was conceived in the natural fashion. There have been throughout mankind's history many different religions and cults' claiming their religious Icon or God or Goddess was of a divine 'virgin birth,' yet these are all false claims. They were meant to be symbolic.

Before you ask, at the time of my birth my mother was approaching her seventeenth birthday and my father was midway through his thirty-seventh year.

Q.

Speaking of conception, what can you tell me about Abortion?

A.

Abortion is not for humankind to fully understand. It is a lesson for many to learn in order to understand this great choice. There should be acceptance of this practice, though the goal should be to overcome the fear, worry and selfishness associated with it by those who are wishing to carry it out.

God understands when and why some women choose abortion. Through free will God allows them to exercise their decision as it pertains to their soul path. God will not judge you for your decisions, only you will examine the decisions you made based on the lessons you chose to learn and experience.

Those who are 'pro-choice' and those who are 'pro-life' are both correct in their decisions they make concerning abortion. It is a learning experience no matter which path you choose.

Q.

If reincarnation is true then I can assume you have lived other lifetimes on earth?

A.

Yes I have. Many beings incarnate here with the desire of advancing spiritually at an accelerated pace because of the ability it affords them to experience the negative aspect of physical life; whereas back in the spirit world the negative aspect can only be observed or studied, but not truly experienced first hand. Some beings never incarnate into worlds like this one and desire to evolve at a slower rate.

As a teaching, the culmination of all the past lifetimes you have lived and experienced have prepared you for the current life you are now living. Some beings have lived many lifetimes while others have lived fewer; yet all are seeking to advance spiritually, and then there are those like me who come to give hope to those that are wandering aimlessly through their chosen lifetime, or to assist others in evolving spiritually higher.

Many loving beings known to you from the spirit world have incarnated into the human form with you, and you have

experienced them in many different ways. Many have been parents, siblings, grand parents, aunts and uncles, close friends, co-workers, casual acquaintances who you have experienced either in a positive or negative fashion.

Some come in order to teach you through adversity; such events as assault, pedophilia, rape, and murder to name a few. These so-called negative events were experiences designed by you for your personal growth only; not as a form of punishment on any level. Some of these loving beings had a great impact on your life; while others had very little contact with you based on what spiritual course you and they were following in that lifetime.

In some of your previous lives you may have had a close knit family unit which assisted your learning and experiencing during that life, while in other lifetimes you did not require a close family structure to experience your chosen lessons. That is why some families seem to break up and scatter to the winds and others remain close throughout the length of their lifespan.

Q.

Who were the others like you who came to help mankind to evolve?

A.

Throughout the ages when there is greater suffering and strife in an area upon the earth, a higher evolved being will incarnate into that region to foster hope among the people there. To teach and lead them out of the so-called darkness they now find themselves trapped in. Showing them the way to grow and evolve spiritually.

There have been many such teachers or prophets who have come; some well known while others were long ago forgotten; Muhammad, Buddha, Krishna, Confucius, Gandhi, Dr. King and many others who simply came to assist those who were in seemingly dire need at that point in time.

Q.

In this spirit world you come from are you still called Jesus?

A.

No, Jesus was simply the name given to the human body I occupied at that point in time we're now speaking of.

Q.

So what are you called in the spirit world?

A.

In the world of spirit a beings name can be a combination of things, if so desired. On earth you use your five senses to communicate with each other, here on this side of the unseen world we use, for a lack of a better word, 'telepathy' or direct thought to communicate.

Communicating with spoken 'words' in your world can cause misunderstandings and even confusion as to what one person meant to say; which may not be what the other person understood to have been said. Whereas in the world of spirit, using telepathy, where a being sends a pure thought to another being, there is no misunderstanding and the pure thought is communicated and understood completely.

Therefore names in the spirit world, which are sent by pure thought, can contain any combination of vibrating sounds and colors, many which don't register in your world and images which are chosen by the individual being to represent who they are. No spoken words are used, no letters are required for spelling out a name or series of names as you use on earth.

When you go to a psychic or medium to communicate with a lost loved one, they still respond to the name they used in their last incarnation when they walked the earth in the human form; even though they have had many earth names in many lifetimes. This is because of the attachment they held in their last lifetime and to those who are still in a human form.

Those higher beings that come through a medium in order to provide information choose a name that those in the human form can recognize and identify with. The name may represent one higher being or a group of higher beings all using the one name so you will understand where the source of the knowledge is coming from.

Now that I no longer inhabit a human body I do not respond to the earth name of Jesus. I lay that name aside when I left that physical body. For your understanding I am no longer what you might call an individual entity. I have evolved high enough to where I have merged my energy with that of a collective or group of spiritually advanced like minded energy beings. I retain my personality as you might call it yet we all speak as one.

Q.

When you say you no longer respond to the name of Jesus, what happens when people call for your help or pray to you because they know you as the Son of God?

A.

Each being that incarnates into a physical body has, for your understanding, what many humans refer to as an Angel or Guardian Angel; who has agreed to assist and oversee that beings physical life in the human form. That person then, depending on what religion they were raised in for example, may have been taught that Jesus is the one and only Son of God and therefore they pray or call my name when dreadful situations arise in their life seeking some kind of assistance.

I do not respond to their prayers and cries for help when they invoke my name, that is the duty of their so-called guardian angel who is in tune with them. When they call for God or Me or some Saint to save them, heal them, bless them and so forth; then their so-called Angel responds and makes a determination as to what will be done to correct the problem or he may determine to simply take no action.

Sometimes it is a lesson the being itself wished to experience so the Angel takes no action and allows what may 'seem' to the individual to be a dire situation it is confronting to unfold; yet it is simply something the being chose to experience. Now if something is about to occur and the being did not ask to experience this event which may cause great harm or even death to the physical body the being inhabits, the guardian angel will then intervene.

So when my name is called for whatever reason that individuals guardian angel then responds and determines what action, if any, will be taken for the being who they watch over.

Q.

You say we refer to it as an Angel or Guardian Angel for our understanding, what is it then if not a true Angel that watches over us?

A.

Let me first say there are many divisions and castes of beings though the names they are called by simply gives recognition to the type of work they do. Angels, Archangels, Master Teachers and the like are simply names given to those

higher evolved energy beings.

Angels have an advanced ability to intervene and offer assistance to many at once which is their primary function. It is not customary for them to aid a single being, even though they could if they so desired. Archangels and Master Teachers who are even more spiritually advanced than Angels can travel between different and lower dimensions when called upon to do so by a specific Creator; such as that which you call God.

So to answer your question, what you would call your 'Angel or Guardian Angel' are simply those energy beings we refer to as 'Spirit Doctors and their Spirit Helpers' and they are the ones who assume that role or function when an individual prays or calls out for assistance.

Q.

Wait...what do you mean by a specific Creator or that which we call God? I know here on Earth we have many different interpretations from many different religions explaining who or what God is from their point of view. How is God defined by those in the Spirit World?

A.

This concept has already been given to humankind, but I will address this question to provide further understanding for those who wish it. First let me just say that communicating with those in the human form is like speaking with a five-year-old child. How do you explain the complexities of the Universe to one who has not yet evolved high enough to comprehend such knowledge?

Now, with that being said let me begin by saying in the World of Spirit there are no religions of any kind. Religion is something humankind invented here on planet earth...

Q.

Wait a minute...so let me say for example the Pope is said to commune with God and then the Pope brings forth those teachings and guidance from God and communicates that information to those of the Catholic faith. You're saying the Pope doesn't commune with God directly, and that the Catholic religion and all other religions for that matter, are just creations

of mankind?

A.

That would be a very simple but true statement. The Pope has no 'special' communication with God, no more so than any other being on earth. His overall role in the beginning was simply that of a teacher. The Catholic religion has undergone many changes throughout the centuries. The Catholic Church of today's time would be seen more as a collection of corporations which hold all the vast wealth with the Pope simply occupying a 'figurehead' position which contains very little authority. The corporations and their governing boards are running things behind the scenes as it were.

Q.

What about Muhammad, the prophet of Islam, and the Quran?

A.

Muhammad was simply another higher evolved energy being, such as myself, who incarnated into that time and area of the world to unite the people in order to guide them out of chaos; to show them a better way to live together in peace and harmony.

The Quran and the Bible were both created by mankind, not by the Creator, and both holy books started out uncorrupt in their earlier forms. Yet both were subject to omissions and negative alterations by men of authority and power throughout the following centuries; which was done in order to control, in their respective areas of the world, the uneducated and superstitious people who easily succumb to such unscrupulous manipulations.

Q.

So, when deserving Muslim males die and enter Paradise the Quran states they will find seventy-two virgins waiting for them. You are saying that would be a false statement?

A.

Simply fictitious promises placed in the Islamic holy book in order to secure the obedience of males who religiously anticipate such a reward for their absolute loyalty to Allah.

As I was explaining; all religions on the earth today were

created by humankind and none have been sanctioned by God. Now to continue on with your original query about how God is defined by those in the Spirit World; let me first explain that there is no such concept as religion in the world of spirit.

Here on earth some of you refer to yourselves as souls who inhabit a human form. The word 'soul' has religious significance attached to it to give it meaning here on earth. Those on the other side of life are simply known as 'energy beings' who occupy different levels of consciousness based on their overall spiritual evolution. To them your 'God' is simply known as a 'Creator' with no religious connotation attached.

The God you refer to is but one of many Creators who oversee the vastness of dimensional realms. These Creators are exceptional and highly evolved energy beings. They are each in charge, if you will, of a single dimension, for a lack of a better word, and maintain order throughout using the natural and spiritual laws set forth by the 'Source of all life.'

So the Creator, that which you call God, is in overall control of this dimension you now dwell in. Inside this dimension, that which you call God assisted in creating many universes and these contain many galaxies of stars which contain many planets and moons and other cosmic units, all containing life; energy forms of varying degrees, which inhabit the zillions upon zillions of planets and moons. Not millions or billions, or trillions but zillions upon zillions.

The Creator of this one dimension also oversees the welfare of those energy beings that come in order to grow, learn and experience as you seek to advance yourselves into higher realms of consciousness. Each dimension then has a multitude of energy beings, such as you, who are watched over and assisted by a hierarchical group of advanced energy beings; Spirit Doctors, Agents, Angels, Archangels, Master Teachers and other highly evolved beings who then assist the Creator with running and overseeing that dimension.

For example, you yourself may evolve high enough that one day, if you so choose, you can occupy the position of 'Creator' in your own right and should that come about there are those within that dimension who may view you as their one and only God. That is, until those energy beings evolve and advance spiritually to where they understand you are not the God of their limited understanding, but simply a very highly advanced

energy being. Then you will realize all energy beings are connected, one to another, through that which those in the spirit world refer to as the 'Source of all Life' which is the originator of all there is.

The 'Source of all Life' for your limited understanding is simply an 'Intelligent, Self-Aware expanding Energy' which created life as we know it. All Creator's or those you would call a God are watched over and supervised as it were by the 'Source of all Life.'

In the human form you have a beginning and an end through your linear time and space understanding. The 'Source of all Life' contains no such limitation. It will be hard for you to fathom but the 'Source of all Life' never had a beginning and will never have an ending. You are living in a created illusion which uses time and space for learning purposes only. In that which you would call your true home world there is no time or space, everything -past, present and future- are occurring simultaneously and moves in a circular, not linear pattern.

We're back to the 'five-year-old child' thing again. You may never truly understand this concept while in the human form, or even when you are back in the world of spirit, but as you continue to grow in spiritual awareness it will make more and more sense to you as you evolve.

Just know that when you, the energy being, leaves this human body and return to the world of spirit, you will 'not' become all knowing or enlightened as it were. Some energy beings will make great strides in their individual advancement while others will advance very little, if at all. All proceed at their own pace; just as you in the human form have many who are viewed as being highly educated and many who are not.

Now there is nothing higher or more advanced than the 'Source of all Life.' Yet it does have a counterpart. This will be very hard to understand so let me give you a simple analogy to help; think along the lines of your concept of 'Yin and Yang,' 'Matter and Anti-Matter,' 'Positive and Negative.'

Q.

So if the 'Source of all Life' is good, its counterpart is evil?

A.

No...it is not evil, or bad, or sinister, or going to harm anyone in any fashion. Humankind thinks in very primitive

ways when it doesn't comprehend something new or different. I can see we're back to the five-year-old thing again; this may or may not make more sense after you have time to think deeper about it. Just know, there are those on this side of life, in the spirit world, who have no knowledge or true understanding of the Source of all Life's counterpart. So do not feel less knowledgeable about this, for as you seek to evolve higher you will one day come to a more complete understating of this.

Q.

Alright, tell me about this 'Master Teacher?'

A.

The Master Teacher is the highest evolved entity involved in your human life. Everyone walking around on earth has one. He observes and watches over those who assist you, such as your Spirit Doctor and Spirit helpers, and makes any necessary corrections concerning those who assist you in that lifetime. He, as a general rule, has little direct contact with you as he allows the others to handle that part of your overall journey.

When you reach a point of death, he has the final say as to whether you may leave your human body or whether you will remain to complete unfinished business. He will look at the manner in which you chose to exit this life through the avenue called death, and make his determination as to whether you have progressed as far as possible with your chosen lessons.

Now if outside, unforeseen forces bring you to death's door sooner than you had planned, then it will be your Master Teachers decision to allow an earlier termination of your physical existence, or to allow it to continue on. An example would be if another human used its free will in an unexpected manner, which would put you in a situation where you would die; say you were shot during a robbery and this was not something you had programmed to experience. Your Spirit Doctor would respond immediately to the situation and make contact with your Master Teacher.

Your Master Teacher then would make his final determination concerning whether he felt you had accomplished those experiences and lessons you chose for

yourself, or if you still needed more time to accomplish your goals. If he decided you were not ready to die, he would then instruct your Spirit Doctor to intervene with healing energy and return you to a physical state in which you could still accomplish what you came to do.

The majority of times in situations like this, your energy being or that which some call the soul is allowed to temporarily leave the physical body to meet with his Master Teacher, Spirit Doctor and his other Spirit helpers. You will then be told what has occurred and you will have input into how you wish to proceed, but the final decision is up to your Master Teacher.

Say for example your physical body has sustained enough damage from the gunshot wounds to bring on death to your physical body, yet healing energy from your Spirit Doctor can stop the death and restore your body but to only sixty percent of its original functioning. If the Master Teacher feels you can still accomplish your goals, he will instruct your Spirit Doctor to administer the healing energy required. If he should determine you could not complete your chosen lessons with a body of diminished capacity he would then instruct your Spirit Doctor to allow the physical body to perish, and assist you in removing yourself from it and guiding you back to the spirit world.

Q.

Alright, please tell me of your early childhood?

A.

I was raised as all young Jewish males who were from wealthy families. My first language was Aramaic and I was taught to speak, read and write in Hebrew as well. I was also taught the laws and customs of the Jewish faith. As mentioned earlier the Essenes taught me their beliefs and faith. Later I learned to speak basic Greek and Latin, yet I could not read or write in either of those languages as some may claim.

Since we were financially well off my mother paid for tutors to further my education in many different subjects, and I was a quick learner. As a teenager I had a great thirst for knowledge, and would seek out anyone who had traveled to distant cities or foreign lands to listen to their stories and adventures.

At the age of fourteen, I begged my parents to let me go

travel to distant cities and even to venture to distant lands, yet my father, Joseph, said no. He was afraid for my safety as any parent would be, yet my mother, Mary, was open to the idea. She knew what I longed for and understood my desire for truth and knowledge. She more so than my father knew I had to seek and walk my own path in life.

I and my mother finally wore my father down and he reluctantly agreed to let me go on this journey of discovery. I was close to my sixteenth birthday when this happened. Money, supplies and a small entourage of family and close friends accompanied me.

First we traveled through various villages, small towns and spent some time in larger cities. This took up almost a year and a half. Then later after returning home I stayed for several months before my little group resupplied and with my parent's blessings started on the longer journey to visit distant lands.

As a young boy I knew I was different from the other boys my age. I did not come into this life to be the Savior or Messiah or to die for the sins of mankind, but I was made aware I would be a teacher and philosopher for those living at that time and in that area of the world. That was my true and only destiny.

Q.

Who made you aware?

A.

There are those in your world who would say I had the ability to communicate directly with God. I did have what is called the gift of clairsaudience that came to me at a very early age. When this 'voice' spoke it came to me as the voice of another child and I was not afraid. The voice spoke from within my head as with pure thought and I would respond to it by sending thoughts back.

Several years later at age seven I told my mother of this and she told me; be not afraid for the 'voice' was of God and would guide me through this life. As I grew into manhood the voice also seemed to age as I did, it was no longer a child's voice I heard. I was very comfortable in accepting its guidance and wisdom.

Q.

So God spoke directly to you while you were in the human form?

A.

The voice was that of a higher developed energy being known as a Spirit Doctor which I mentioned earlier.

The name ‘Spirit Doctor’ simply denotes the position of an energy being who has advanced in the overall hierarchy of the realm he dwells within. Much like when someone on earth who obtains many years of higher education and has earned or been awarded the title of ‘Doctor of Philosophy’ or PhD.

The Spirit Doctor is the one who oversees and assists you in learning and experiencing the lessons you chose before you incarnated. So when you find yourselves in times of physical, emotional, mental or spiritual hardship for whatever reason, and you call out or pray for God, or Me, or an Angel, or a Saint to come assist you in your time of great need or sorrow; it is your Spirit Doctor who responds to your plea or request as I explained earlier.

Q.

Would you say, for a lack of a better word, humans, in the overall sense, are somewhat unsophisticated?

A.

Humans are not spiritually, emotionally and intellectually evolved enough to comprehend what is occurring on the higher levels of creation, of which they are a very tiny part of the vastness of all true life.

Humans ask questions and when they don’t understand the answer, or if the answer goes against their personal beliefs, they simply disregard the truth and are happy to go on believing the falsehood because they are afraid to go against the ‘herd’ mentality.

For example, there are those who will read this communication and know it for the truth it brings to light concerning my true life when I walked the earth as Jesus. Then there are the many who will not believe in this truth, because they were taught to believe only what is contained in their holy book or only what has been told to them by their religious leaders.

Fear is a very strong motivator and those with religious authority, and the majority of nations, have known and used this for centuries to maintain control over the people. How many would truly admit they have never read their holy book and simply took someone else's word for what it claims to say. Then there are those who tried to read their holy book and did not understand it, or felt its message was misguided or false, yet still said they believed. Many people live their life based on beliefs they don't truly understand, yet are willing to judge and condemn others for having different beliefs.

So to answer your question, humans are not unsophisticated, they are simply afraid to seek the real truth; for once they have the real truth they must change and evolve. Many humans fear change and thus are happy living in the falsehood where the 'illusion' of security lurks.

Q.

The so called 'lost years of Jesus,' what took place during those years?

A.

Late in my seventeenth year I set out once more with my little entourage to travel to foreign lands to further my knowledge and receive the teachings from great scholars, holy men and philosophers of the time. My 'educational' travels took me through what today would be called the countries of Egypt, Jordan, Israel, Arabia, Syria, Jordan, Iraq, Turkey, Iran, Afghanistan, Pakistan, India, Nepal and Tibet.

During my travels I received communication through clairaudience from my earlier mentioned Spirit Doctor. When I felt the need I would simply go sit in a cool, quiet, shaded place and close my eyes and the communication would begin. Knowledge was given to me, but not all of my questions would be answered. Much I was expected to discover on my own, you must live your own life; no one else can live it for you.

Q.

What kind of other knowledge was given to you outside of the educational schooling?

A.

Very early on in my pre-teens we discussed things a young

boy would be concerned about. I loved my parents dearly, but I was closer to my mother than my father. Yet there were things I felt more comfortable asking my Spirit Doctor, who appeared to me as a teenager, rather than asking my parents.

Q.

What kind of things?

A.

Things an adolescent boy would be concerned with; such as having 'feelings' for a young girl and was it wrong to masturbate, things of that nature. As I grew out of my adolescent years my questions also evolved. I was gently guided in the direction of social, religious, economical and political aspects of life and how those things interacted and affected the common people of that time period.

What I could do to help those who were lost and wandering in the so-called darkness became my focus in that lifetime. As I grew into young adulthood my Spirit Doctor was guiding me in the direction of passing on the teachings I was receiving from him.

When I spoke in my youth to those who were of the Jewish religious authority, many were impressed with my knowledge on spiritual matters. Some would sit and ask me many questions and what I did not know; my Spirit Doctor was always nearby and would send me the answer telepathically.

Yet, unknown to me at the time, there were those present who would later succumb to the seeds of jealousy and take steps to curtail my teachings.

Q.

Did you have feelings for a certain girl?

A.

Yes, her name was Mary and she was born in the city of Magdala. She was what you would term a soul mate in that lifetime, and not the stories of her being a whore and the like were simply false writings added later on to show we had no true personal connection.

Q.

You say she ‘was’ your soul mate in that lifetime, is she not your soul mate now?

A.

In your present time many think of soul mates as two lovers coming together and being united so to speak as one. That does occur but soul mates are more often simply just those known to you as friends and co-workers. They come into your life, some for long and some for short periods of time, so that you and they can progress spiritually.

Many who join together as soul mates do so because they had agreed to this before they incarnated into this physical world. Free will can also play a role when two souls find a connection while in the human form, which may involve the two souls remembering a past lifetime they shared together.

Soul mates can also be defined as a ‘group’ of souls assisting each other in growing and experiencing in order to further their advancement to higher levels of knowledge and wisdom; which is the most common type of soul mates seen in your physical realm.

Mary of Magdala and I joined together to aid and assist each other in that lifetime, but the soul mate connection was not maintained once we returned to the other side.

My mother, Mary, would have also been classified as my soul mate in that lifetime, and for your information that being who lived the life of my mother is not known as a saint in the world of spirit. Those titles of saint only exist in your physical world. Those who call upon her as Saint Mary or Virgin Mother; she does not respond as I explained earlier to those pleas or prayers. But those who do call for Jesus Christ or Saint Mary or whomever, their prayers and cries for help are addressed by their Spirit Doctor or Angel if you wish. So you are always watched over and cared for.

Q.

Were you and Mary of Magdala married then, as some sources claim?

A.

Yes we were husband and wife, and where the bible speaks

of a wedding feast at Cana was actually ‘our’ wedding. The church did not want me to be seen as an average man living an average life so they claimed later, when the bible was created, that I was just a guest at this event and performed my first miracle there; that of turning water into wine so that people would focus upon the so called ‘miracle’ and pay no attention to who the wedding was for.

Before you ask, no, I did not change water into wine. As I just explained, it was just a ruse by the church to maintain my ‘son of god’ image. As you would say today, it was just an attempt to redirect the peoples attention from what was truly happening.

Somewhat like the way your government of today has redirected your attention and focus on current and past events that it felt the people of this land should not be made aware of. It is much easier to govern and control if the citizens are, as you would say, kept in the dark concerning the ‘back room deals’ and what truly occurs behind closed doors. Democracy has been reduced simply to a ‘catch phrase’ for true democracy no longer exists in your current government.

Your government no longer listens to the will of the people. Very little has changed in the world of today, compared to the world of yesterday, as seen through your ever advancing timeline of history. Many religions and governments all over the world still conceal the truth from those people they claim to serve and protect.

Q.

Did you and Mary of Magdala have any children?

A.

Yes, but we were in our middle thirties before we decided upon bringing forth a family. Mary, my wife, traveled with me and my small group during our second adventure. Later on we decided upon bringing forth a family which consisted of three daughters; stair-step children as you would term it today and they chose us as their parents. Two would be somewhat involved in fostering my teachings to others, and the youngest one would have nothing to do with my teachings, she was walking her own path. She would have been seen as a rebellious teen in your would of today. We were not close during that lifetime, nor was she close to her mother. She

never saw her twentieth birthday and died a violent death; of which she, that energy being living that life, chose before incarnating.

Q.

So you were not able to intervene and stop her death?

A.

The energy being that set up that learning experience only required a short lifetime to achieve its goals; therefore it was ready to return home once it had accomplished its main lesson. Why would anyone try and stop another beings lesson or force it to change its chosen path to enlightenment? If someone used their free-will and forced a change, the energy-being may have to return again into another lifetime to complete its chosen task or lesson in order to facilitate its spiritual advancement. Can you understand?

Q.

Yes...before I forget to ask, what were your daughters' names?

A.

The oldest was Jemima, the middle daughter was called Susanne and the youngest was named after my mother and my wife; she was called 'Little Mary' during her early childhood.

Q.

I'm curious to know what your Spirit Doctor had to say about masturbation.

A.

He simply explained that it was a natural urge experienced by the young and old, male and female alike. I was also told that no shame or guilt should be attached to this act which was there for all those in the human form to enjoy and experience.

As a teaching, he told me that masturbation at its core is simply a desire to create something from an individuals mind and body. Some examples of this would be creating music, a beautiful painting, building something with your hands, or writing a book; anything that is brought into material form and

is expressed and created by the individual.

Because the need to create is not being fulfilled by the individual, that energy expresses itself through other means; the excessive need of masturbation being just one of them. Until the individual creates something or seeks to produce something more tangible with a measureable result, the person will feel the need to release that creative energy through these other self-indulgent behaviors.

Q.

Continuing on with your lost years, what else occurred?

A.

My journey or path I followed involved seeking out those individuals who would share and teach their customs, their religion, their philosophy, and their wisdom to me. Traveling throughout many villages and cities of many foreign lands; I would seek them out, those scholars and holy men, and I would sit at their feet as an eager student absorbing everything they had to teach or convey, and when they finished I would then give voice to my knowledge and wisdom.

Many people came to hear our discussions and many followed my small group as we journeyed forth. There were also many who did not want to hear my words and the truth they contained; so for safety reasons we would simply avoid violence and move on when we encountered such areas.

Q.

Were you baptized by John the Baptist?

A.

No, that event never took place. John the Baptist used that which you call baptism as a means to symbolically wash away the so-called inherent sins of mankind. I did not subscribe to his philosophical or religious views and therefore I was indifferent to his method of conveying his beliefs to those who followed him. There is no such thing as 'sin' which is something certain religions created centuries ago as a means to dominate those individuals who succumb easily to such falsehoods.

Q.

Did the temptation of Satan in the Judean desert occur?

A.

I was not 'tempted' by the one you call Satan. Lucifer or the Devil or Satan as you call him never truly existed as an individual or energy being. Lucifer was not a fallen angel from heaven. This was just a fabricated story placed in the holy books of certain religions in order to show the difference between good and evil, right and wrong. It was symbolic in nature, but many took it to be literal. There is no such place as heaven, nor is there a hell; these places live only in the imagination of humankind.

Those in religious authority used the created character of Lucifer, or that which some call Satan, simply as a means to control the uneducated and superstitious masses and to ensure that their authority and rules would be obeyed. Hell is simply a fictional place created by organized religion; no one goes to hell nor does their soul burn for eternity.

My time in the desert was simply my communing and meditating with my Spirit Doctor, who was providing healing energy for my physical form to make it stronger. Meditation for your understanding is simply another word for praying. We also were discussing the different things I would be imparting to those peoples I would later encounter.

I was in the desert only three weeks, not the forty days as some state, and I did not fast for three weeks. Only two days of fasting occurred during that period and it was simply to cleanse the physical body of impurities.

Q.

So you say prayer and meditation are one in the same thing?

A.

Yes, they share the same basic concept of purpose. It is simply a matter of your intent. Select your outcome; envision it as you would enjoy it coming to fruition. Ask that energy be sent so that it is done. This is the same manner by which healing or other energy is transferred. You can send energy to it. You can repeat your statement of intent in your mind as often as you wish. This will radiate out from your body and deliver the energy into the universe.

The fact that your mind is the power that constructs the universe around you, this is doing the same. Your energy emanates from all around you. Know that some things will not be interfered with and there are some that may ultimately change because of the energy directed by you and others towards it. It is only necessary to speak the positive outcome you desire.

It is only necessary to have in your mind the vision of the completed outcome that you wish to achieve. The act of praying or meditating for others is as simple as asking for prayers, meditation or positive outcome for yourself in certain situations.

Simply settle your thoughts on the outcome or action you would like to see, then visualize this energy leaving your body and affecting the universe for the positive development of this event, action or feeling which will contribute greatly to it. This act is done with all thoughts that you hold true and visualization helps the physical body and the physical mind perceive the true nature of what it is attempting to create.

It is not always necessary to visualize, simply settle on your intention, your desired actions and outcomes. The energy will be released simply by your repetitive thought energy or words spoken. It matters not how this outcome is affected by your energy if it was never meant to be. Realize that for some, no matter what energy you wish upon them, there will not be change until they are ready for this and accept it and desire it.

The correct prayer or meditation is the one full of universal positive creation; that which is done without vanity, without attempting to change the events for personal gain and selfish interests.

Healing energy is not the only type of energy which is channeled by humankind. Know that each emotion is energy and each emotion, the energy within it, can be sent as you would send healing energy through you to another being. Anything can be sent; the emotion, the action desired, the energy associated with it in its truest form and purest form can be channeled. It is important for all to know that you are not required to enter a trance state in order to channel. Simply meditate on the energy and send it from you.

All human beings can channel; most are channels for their own energy without being aware of it and therefore cause actions and reactions without being aware of their direct affect

upon their own lives. All can channel energy to others and all can receive from others.

Q.

You mentioned the universe a couple times; what function does it serve for those of us in the human form?

A.

The universe is here for your enjoyment, for your learning, for your development. This is a place where trial and error can be exercised. Much learning in any physical or energy form can be done through reading, but much more is grasped and carried out when a form is placed within a situation and made to exercise judgment from within the confines of that reality.

There is much learning understood by reading on theories of existence, or the reason for any specific function you wish to learn. It is only through immersion and practice that you gain true knowledge, experience and wisdom of those who have gone through before you.

There was a need for those in the energy form to experience this physical world to exercise judgment. Judgment is multifaceted and an important part of your creation and deliverance to higher realms. In this place of learning, it is of importance to understand that you are not isolated from any other realm or dimension while you are in this physical world. There are many who travel between each area and there are none who are untouched or unrelated in terms of travel, ideas, and the energy that reaches each area. All are related, all are in a cycle that is entrenched in their own creation.

The purpose is to acquire true knowledge, to interact with the world. Each is a creator in their own right and this also allows you direct and immediate contact with these abilities, though there are many through the process of their learning who are equally involved in destruction. Just remember, there is not a single place in the world that is unjust, only the illusion of injustice is present for learning and experiencing as you seek to advance spiritually.

Q.

If the concept of Heaven and Hell were manmade, where is

it exactly that we go in the Spirit World after death?

A.

This concept of Heaven and Hell was first used by various faiths and religions to show the symbolic difference between right and wrong, good and evil; but as time passed it was transformed into a technique used to coerce the people into abeyance through religious manmade ideology or dogma.

If you obeyed the religious authority, they granted your soul the right to go to Heaven and be with God. If you disobeyed their authority, then you were damned to Hell and your soul was given to Satan to burn for all eternity. It was simply a way in which organized religion could scare people into believing they had power over their immortal soul.

The average person knows very little of what they truly believe about their God, so it was easy for religion to gain the upper hand through their basic ignorance. Never underestimate the power of propaganda to control others; especially when used by someone who is perceived as an authority figure by the people they claim to serve.

Therefore, all souls, which are simply energy beings were created and given free will in order that they may incarnate into the physical world to experience the many facets of love. That is what this planet you call earth teaches. True, 'unconditional' love – which many of you do not understand the true meaning of the word – takes many lifetimes for the average energy being to master, and that is the journey you are now on. During each of these human lifetimes you try to learn and experience the lessons you chose for your individual spiritual growth and awareness. Some lessons you accomplish, some you do not.

You enter each lifetime with no memory of past lives or of the world from which you came so you are not distracted while working through the present lifetime. Without the physical body you could not experience the negative side of things. The human form is able to experience pain and suffering; physically, mentally, emotionally and spiritually, whereas in your 'energy' form you cannot truly experience those negative lessons.

When you come to the end of that lifetime you chose, then you return to the other side through the avenue called death. Fear not death, for your energy form experiences no pain when you leave behind your physical body. It is truly a joyous

occasion when you return home where true friends and loved ones await your arrival.

The earth as some of you call it is simply a created illusion, a place if you will which contains the illusion of dense matter where you can come and occupy a physical form which allows you to experience life through this created form. The spirit world is also a created illusion, and like earth you will need a form to contain your true energy self.

This form required in the world of spirit is called by some an ethereal form. This form resembles the form you held when you were earth bound, except it has no defects and displays itself in near perfection. This ethereal covering requires no food, drink or oxygen as did your human body on earth. Your ethereal body does not suffer from the aging process. This ethereal body 'does' contain higher emotions, but not like the lower animalistic emotions – such as anger, hate, jealousy, envy - you now experience in the human form because it is operating on a spiritually higher vibrational level.

The human body allows you to experience your world through its five basic senses – touch, smell, sight, taste and hearing - which give your physical world the illusion of being real. The ethereal body for those in the spirit world gives them the same sensation of making their created world seem real to them, but without the dense matter senses humans experience.

Energy beings that incarnate to earth and take on the human form all dwell on the same level. That means you have contact with those who are considered the smartest people, those who are average thinkers, and those at the lower end who are considered idiots in your world. All living together on the same level as they experience their chosen lessons.

In the world of spirit there is a separation. All ethereal beings there live in one of the seven major zones of consciousness with other like minded ethereal beings. Each major zone contains seven sub-levels. These seven major zones are based on how enlightened or spiritually advanced you have become. The law of attraction is in full operation, like attracts like. As you work to ascend through the sub-levels of each major zone, you discover each level is more sublime than the preceding one.

Q.

Could you provide an example of what you're talking about?

A.

Yes...say in your ethereal form you live and dwell on the 3<sup>rd</sup> major zone, on sub-level number 4 in the Spirit World. You incarnate to earth and take on a female human form which you feel will help you with your chosen lessons. You lived that life and achieved most of the desired lessons and experiences. You chose that life to last ninety-two years and then you died and returned to the world of spirit. Let's say during that lifetime you progressed spiritually. So instead of returning to the 4<sup>th</sup> sub-level of major zone number 3, you advanced to the 5<sup>th</sup> sub-level of major zone number 3.

Therefore, once you spiritually grow and advance through all the seven sub-levels of a major zone, you then enter the next major zone and start working your way through that major zone's sub-levels. When you reach the 7<sup>th</sup> major zone, and reach the 7<sup>th</sup> sub-level of that major zone you have become spiritually enlightened and have mastered all that is contained therein. You are now prepared to enter into the next phase of your development. When you have completed the entire 7<sup>th</sup> major zone you will no longer need an ethereal form and you will be seen as pure energy or what some refer to as a beautiful bright light.

For a better understanding view these seven major zones of consciousness as encircling the earth. Now understand each planetary system contains its own individual consciousness of higher and lower vibrations. All levels of consciousness meet and blend together so when you complete this journey you are then prepared to move to another planetary system and start working your way through its specific lessons and teachings as you seek to advance your spiritual awareness. Not only do planetary systems have zones of consciousness to experience, but so do the stars, galaxies, and all cosmic elements within a dimension as well; all vibrating on a higher or lower frequency of spiritual awareness.

Q.

When your ministry began did you already have your twelve apostles picked out?

A.

There were no twelve apostles; I was not seeking to start a new religion, nor advance any other already established religious idea. I was comfortable working within those religions that were already in place by mankind. My role for that lifetime was simply to teach by example the concepts of living a more loving, moral and ethical life pattern so as to foster hope within those peoples of that time and place who were spiritually lost.

The bible stories of apostles and devoted disciples going forth and thereby ushering in a new religion called Christianity based in part on my life; was all brought forth long after my lifetime was over. I did not come for that reason. I did not participate in any so-called ministry.

There were those who did attach themselves to my little group as I traveled and later when I stopped teaching; they formed their own groups who continued on with my teachings and added much more as they proceeded onward with my truth. Unfortunately they changed the core of my teachings to fit their beliefs and their ego need for authority and wealth, which over the following 300 years after my true death led to the birth of the various Christian religious sects and denominations as you now experience them; along with it's many diverse bibles diluted and corrupted through greed and power.

How would you feel if you incarnated into a specific place and time with the desire to teach and assist those who were desperate for moral guidance; only to observe later that what you did during your lifetime was then twisted and used by others to create a new religion which would use murder and torture to gain control over those it falsely professed to guide and protect?

Christianity has brought sadness to my heart; for it enslaves those who are simply seeking to fulfill their spiritual need for growth and advancement. They fall prey to the falsehoods of religion itself, and no longer seek the real truth that leads to self discovery of the true god potential that lies within each individual.

Q.

The bible contains the canonical gospels of John, Mark,

Matthew and Luke. Do their written accounts not reflect your overall life and your basic core teachings?

A.

The bible in the beginning was simply a collection of stories that may be considered fables or moral stories. Some were based on actual events while others were simply handed down word-of-mouth as lessons for those who needed the symbolism. Many sections were originally written using direct spirit communication and even sections that were given to this planet by other beings from other planetary systems and from those you would term to be light beings or Master Teachers...

Q.

Wait a minute...beings from other planetary systems...you're talking about aliens?

A.

Those many of you call extraterrestrials, yes indeed.

Q.

So if aliens exist, why haven't they made official contact with our government?

A.

Much has been done to create an atmosphere that will have beings from off the planet received more readily. There are those individuals that have had sightings that are unexplained, and this is being done in hopes that it will foster the ability for those people to welcome them, and not assume that it is an attack on the Earth.

There is much that is being discussed as more and more living on the Earth have witnessed unexplained events in the sky. More will be done in the future to prepare the mindset of those who are less readily open and welcome to such off-world visitors. It is not important that all believe in sentient life, but the ability to conceive the potential for other life is important. You are not alone in the vastness of creation.

There are those who have visions and experiences and as soon as they look at these events more critically, to go about the process of examining them deeper, they will see that it was not a random event or something that they can dismiss as a random event. More and more these discussions are taking

place by many who would have before been uncomfortable talking openly about these events.

There are many who share these beliefs that share a knowing, that there are beings beyond that of the Earth and can exist in the same manner of your physical existence here. It will take a time of great upheaval before they will render themselves available in physical form and directly available on the steps of any earthly government building.

At present, they will be coming to your aid once there is greater seemingly chaos or events that cause disorder of those that would cause harm or seek to control their existence. It will take some time yet before they're physically witnessed on the ground by large numbers of life forms on the Earth.

Waking to this knowledge is important for those who will be experiencing it. There are many who have always known there would be contact and information shared between life on Earth and that which does not come directly from it in the present form. There are others who are coming to this knowledge now, and will experience it with greater ease when more share information between those that have known, and those that have only recently known. It is important to continue your patience for there are many who will need to be made aware of the possibility simply because they have never conceived such a possibility. Not simply because they do not believe, but because they have never considered that as a potential outcome.

It is important to know that there are many who say that there will be violent entities, alien creatures who wish to do harm to the Earth or enslave it. This is not true. The only entities that shall interact with any life on this planet will be peaceful and of an evolved degree that will only allow sharing of information for the improvement of all that inhabit it at the time they disclose themselves. There will be a peace in the aftermath and they will help usher in a new type of technology and beliefs for those who are present. There is not a time when the Earth will be enslaved by outside beings. It is important to know that there is much done to create a peaceful intervention so that no outside negative influence interferes with the Earth.

Q.

What about those that are called 'Root Races,' are they aliens from other galaxies?

A.

No, they are the same as you. These are simply classes of beings that come in waves and generations. Each individual may have a mission and goals to accomplish, but an overall group that begins to enter the world has a higher purpose. Each may be seen as a new age when they enter.

There are always higher goods to be done, but these beings enter the world with much more to work in as a catalyst for previous generations already on the planet. They can begin seeding the planet with new ideas, new terms, learning and understanding the past and bringing it along to the new ways. Each may also bring subtle physical differences which may not seem visible; these are subtle changes in the evolution of man, in part because of man's control over his physical realm and others seen from your plane as needed improvements to come with the coming age and changes that will be experienced.

You can see this as marked time periods throughout history when there were major thought shifts, major developments in the society of man and the views expressed by them. It is needed to be known that there are some changes that take millions of years, all improving the human experience, or making it more worth-while to those who decide to venture into it.

Classes of people often do not understand those who have come before them, and as much as this is a learning process for those who are present, this is also a learning for those who are coming in; to learn from the old, or to accept it, in order to experience it, to break free from it and to push on with the new for the betterment of all in this existence.

There are many who have outside influences from other races. These are called gemantrai. These are a combination or by-product of two or more species of existence mixing at any one time. These are not merely intermingling of animals as you might use that as an example. There are also changes and additions of DNA by other species to attempt to improve and contribute for the higher good of humanity.

Now, to continue where I left off concerning the bible; there has been much work to control the bible and use it for selfish

purposes. Yet many when writing various stories that later became this collection also created more elaborate stories to make for a more interesting storyline, from their point of view, while others were simply attempting to convey the gravity of the situation.

This book was to give purpose and direction to those who were wandering aimlessly. Realizing this will remove the controlling hold it has over an individual or a group of people who are following this book as though it were an inflexible document and all binding. There was much done to it to change it from its original format, which was intended to be a symbolic guidebook and positive reference for the people of that time.

There were those who included the overall fictional account of my lifetime because they knew they could mold my life to fit the prophecies foretelling of a messiah who would free the people, and they added the threat of my return, judgment day, to further ensure that a proper behavior would be had from the subordinate people who believed in this so-called Holy book. If you take a small amount of truth and combine it with a large amount of falsehood, people will believe the intended lie because it contains truth. Adolf Hitler of Germany used this very technique to sway his people, and it is the same tool used by your government of today to control the citizens of this 'once' great nation.

Q.

Wait a second...you mentioned Hitler...if there is no hell for someone like him, where is he now?

A.

That energy being, who lived that lifetime as the one you called Adolf Hitler returned to the area of light or what some call the spirit world. He was not judged or condemned by the Creator and was not forced to punish himself, but was to undergo a form of counseling. Many of the actions and developments and forms of review he underwent upon his return were self-imposed.

It is possible, for any being, to accomplish such acts as were carried out in his lifetime as Adolf Hitler and be unaware of the severity of their actions. He was able to return, if he chose, and

not fully become aware of the direct involvement and severity of his acts. This being has made progress through counseling, through reviews, through reflection of the actions that were taken during that specific lifetime. It is in this process now that he currently finds himself and there is much progress being made.

There were many things that were not reported through historical records or through the media, or through the controlled outlets of the time. There were many things that were taking place within this lifetime, which led to this series of events for many to undergo and experience. It was not necessarily an evil act, as some would term it, but an attempt to display the atrocities of the relating actions and ideals that brought forth this mentality into the world. That which lead to violent death and actions taken in the name of the government who sanctioned and made right, true or correct the actions of the people for the sake of power.

It should be evidenced by historical document that there were no lasting positive outcomes that could have been brought about by acting in this manner; developed hatred, annihilation, these are not useful, but men and women of this planet regularly engage in them on some scale. This was the goal of the lifetime known as Hitler to involve him in these actions in this manner; though there was a great deal of external motivation and influence by those with whom he surrounded himself. For, it was not entirely his motivations alone that led to the 'final solution' as some termed it, but as the central figurehead he caught all the blame.

It is often the understanding of many that there was a need to intervene and therefore you find it acceptable to allow an 'eye for an eye' mentality. While this may appear true, there are other means that would have allowed for the removal of such a destructive force. This was a grand attempt to teach the world the meaning of unconditional love, peace, compassion and to be aware of the understanding involved in the motivations pushing these actions. There are many who experienced this time on many sides of the war and many sides of the morals held by many.

There are many who will not have relinquished these ideals and those who have crossed over from the physical existence who will not immediately understand. Those energy beings will not be granted the ability to reincarnate to the earth again

so that a greater peace may be held overall.

There were those who have returned to complete some small task or influence, but none to such a capacity that there would be great atrocity brought forth by them. Some energy beings returned to a military capacity but were not in a position to accomplish the same level of injustice as they accomplished in the height of Nazi Germany. Many of them that returned to military interests have experienced the 'role reversal' in order to experience the bloodshed and emotion that are accompanying those actions.

Instead of being the 'aggressors' they are the ones who came back to experience being the 'victims' of the aggression; to experience what they had done to others in order to understand both sides of the coin, so to speak, which leads to a more thorough understanding of unconditional love.

An 'eye for an eye' will leave the world blind, but even the practice of 'choosing your battles' on dealing with individuals you may encounter on a personal level, this too is to be put into practice on a much larger scale. Should the actions of Nazi Germany been less extreme there would have been no need to bring the world into catastrophic war for the removal of these men. If the power considered evil can be removed it is important to remove the individuals and place them in a prison where they may receive counseling.

Counseling and peace is the priority, there are many who may have the ability to consider the actions and motivations of their life to that point, but there are many who will not, though it is not by the hand of another that death should come to another entity. When there is a path of nonviolence for those who have achieved it, this should be the way. The progression of 'all' will come to this and through these actions the purpose of humankind is elevated and raised. For it is quite difficult to stop an 'eye for an eye' and prevent it from being perpetuated throughout the world.

Now then, let me return to the original question; there are many true stories in the bible of healings, positive affirmations, levitations, spirit communications, materializations and other phenomena which occur through the natural laws of this created world. The bible allows those who need greater instruction to know that there is a peace far greater than what

they presently know.

Reading it as you would any other book is the way for those who are seeking guidance. It is unimportant to sprout a new ritual for reading and following it. There is much that is unimportant in the bibles of today, but the basic tenants of life and kindness to, from, and between humankind are wrapped onto the pages.

The original intention of the bible was to 'unite' the people. Unfortunately throughout the ages, due to omissions and negative changes, it became a tool used by the religious authority and some governments to divide the people and nations in order for them to have more power and wealth.

Just know there is no wrathful God to cower down before; had today's world been allowed to read the 'original bible' before all the negative changes it has underwent, you would feel the love of God, the love of self and the love of your fellow humankind in your hearts and minds. Those various, watered down and altered versions of today's bibles lead one to anger, hatred or persecution against those they 'judge' to be inferior, less or different because they do not believe as you do.

It is not necessary for man to pass 'judgment' on another man for many reasons. Your existence is only temporary, only you will review your personal actions upon your return to the other side. The actions of those who were involved in your lifetime are for their experience and were brought forth for their individual advancement.

There is much strife on your planet, but there is always a need for those in a human existence to learn to forgo violence and hatred when they have been wronged; just as there is a need for those in a human existence to learn to stop hatred and violent actions.

You can promote peace and make information available, but there will only be peace where you decide to create it in your own environment. You cannot change others, only observe and allow them to be. You should be peaceful first. This will radiate to those around you and throughout the many levels of existence.

Worrying about others or trying to bring them to your way of thinking should not haunt you or frustrate you. There are many who are simply not interested. Making information, an alternative viewpoint available to those on earth will allow it to be digested by those who are interested when the time is right

for them.

Many come to a lifetime here for nothing but strife, hatred, violence and wrong deeds as you would term it. There is no reason to 'judge' them for they are experiencing just as you have, though their focus may be on different areas than what you are currently engaged in. You too were once in their shoes so to speak.

Remember, "Judge not, least ye be judged."

Q.

Can you give me an example of what was originally written but has been changed and why the change was made?

A.

Originally there was no subservient role for women, they were viewed and treated as equal to men from the standpoint of God. But as time passed the bible was altered by so-called men of learning to subjugate the role women could play in society. By altering the bible women were removed from all fields of position and prestige which 'man-kind' felt was required because of their ego mentality.

Women of knowledge and learning were feared by the so-called learned male scholars and authority figures; so by altering their previous role in the bible women were subjugated and placed in the limited and controlled role of running the household and childrearing, no longer to hold any professional position in society.

Many women of your current time period still fight to be on equal footing with their male counterpart because of the false conceptions put forth in the bible.

Q.

Are you saying there will be no judgment day? No 'Second coming of Christ' as the bible foretells?

A.

I never, ever spoke of a judgment day during that lifetime I walked the earth as Jesus, and I will not return as foretold in the bible to judge anyone. This was simply another control technique used in the bible to help religious authority maintain their control over the people.

Q.

Why do we not see or hear about; levitations, materializations, and the other phenomena you just mentioned?

A.

Those who have seen such phenomena first hand do not speak of it for fear of being labeled 'crazy' or 'insane' by the herd mentality of others who view this as being outside the expression of so-called 'normal life.' You simply choose not to believe, yet there is a time coming when this will be common place in your world.

There are changes coming to atmosphere and environment that will allow these things to be experienced and manifested much more easily as the Earth's vibrational field is speeding up; this is due to Mother Earth's spiritual evolution. When the doubtful see, they will believe; yet there will always be those who will doubt because of their fear of the unknown while in the human form.

Q.

The bible speaks about an 'eye for an eye' yet you speak as if it's wrong, why?

A.

The misconception in the bible that God condones an 'eye for an eye' has caused many in earlier times and even now in your time and society to support capital punishment, or that which some call the death penalty. The bible was, as I said earlier, meant to be taken symbolically, not literally. The punishments forthcoming are to be dealt with through karmic justice, not by mankind's fallible justice system.

Karmic debt incurred for those who participate in state, federal or military judicial executions is something those individuals should think long and hard about before proceeding with the taking of another's life. It is one thing to pronounce judgment against an individual or group of individuals and sentence them to life in prison. It is totally another matter altogether to pronounce judgment against an individual or group of individuals and give them the penalty of death!

Prison itself can transform even the most hardened individual. Time itself can provide them with the free will choice to transcend hatred; turning it into love and understanding of oneself and of their fellow man. But a

sentence of death stops the process of inner reflection and enlightenment which many come to this world to experience. It stalls the spiritual growth of all humanity.

Q.

When talking about Hitler you mentioned the ‘final solution’ a process implemented by the Nazi’s to murder over six million Jews. Why does the ‘Source of all Life’ allow things like the Holocaust to take place?

A.

First you must remember humankind has been given free will. Secondly large events like, for example the ‘Holocaust’ and the ‘A.I.D.S. epidemic’ serves a dual purpose for the overall benefit of humankind. Not only do events of this type teach a global lesson, such as the destructive nature of war, they teach individual lessons as well.

Large scale events such as those just mentioned also help to balance and depopulate the earth. If there were no diseases and disasters on the earth, humankind would not have the opportunity to reach out, to be more loving, more understanding toward each other in times of local and national upheaval and crisis.

As an example, when those Higher Beings in the spirit world observed that humankind in the beginning only perceived ‘AIDS’ to be a ‘gay’ disease, it was then decided for the benefit of all humankind to allow this disease to spread. Women, children and ‘straight-men’ became infected in order to gain the attention ‘AIDS’ was to have fostered in humanity to begin with. This was allowed to help individuals and nations to evolve spiritually which leads to a better understanding of the true meaning of unconditional love.

While those of the Jewish faith may view the Holocaust as a negative event, that would be an incorrect assumption. Those individuals who lost their lives in the holocaust did so freely in order to help teach the world a very important lesson. Spiritual growth, in and of itself, knows no limits; it can teach one individual or it can teach many.

Q.

Were the Ten Commandments Moses received from God for all people to follow or were they only meant for the Jewish people?

A.

No such commandments were given to Moses or to those called Jewish or to mankind by God; they were simply a tool used by those in religious authority seeking control over the people. Many energy beings incarnate here to experience the negative side of physical life which includes the experience of murder, rape, adultery, theft and much more. God allows energy beings to come and experience many so-called negative things for our spiritual advancement. To require humankind to obey those false Ten Commandments would negate their ability to grow and evolve spiritually.

Q.

The Sermon on the Mount contained the Beatitudes which were expressive of your moral and ethical teachings concerning compassion and mercy, and also at that time you brought forth the 'Lord's Prayer.' Would this be a correct statement?

A.

Overall, yes it would, and the Sermon on the Plain as you call it was simply a repeat of what I spoke about during the Sermon on the Mount. But to clarify, I never gave the people the 'Lord's Prayer' to recite to themselves or in their church or at some special gathering. That was just another of organized religions attempts to control the people who fall prey to the belief that; only through religious obedience can they enter into the fictional place known as the 'Kingdom of Heaven.'

Q.

Did thousands of people attend these sermons?

A.

No, the so-called 'Sermon on the Mount' had less than one hundred who came to hear what I had to say. The so-called 'Sermon on the Plain' drew slightly more after the 'word-of-mouth' had spread; just over a hundred and thirty came. These two events were not actual sermons, just me expounding on my

teachings. Organized religion simply inflated the figures to give the impression I was widely known back during that time period, which I was not. Many who came did so out of curiosity and many left still not believing in the words I spoke; their religious views and beliefs were very deeply entrenched in their upbringing and culture.

The Pharisees were among those who attended these events and did all they could to dispel and mock my words to those who came to listen. Some went so far as to make threats to scare and frighten some of the people into leaving the gathering, yet none came to the forefront to challenge me or my words directly.

Q.

Was it during this time John the Baptist was arrested?

A.

He was aware beforehand of the impending arrest and he was aware of his future fate and he chose not to flee.

Q.

So basically Christians believe that you are the Son of God, divine and human; you are the messiah in their Bible. That you brought forth the Christian ministry, were arrested, suffered, were put to death by crucifixion, buried in a tomb, were resurrected three days later and you ascended to heaven. Now they wait for your return, judgment day, is that about right?

A.

Overall, yes, that is a very simplified definition of Christian belief. But as I have said the ‘Son of God’ thing; all energy beings in the human form would be considered the sons and daughters of the ‘Source of all Life’ for your understanding. No human is divine in the physical world, even though those you call the ‘haves’ may hold your attention they have come with lessons to learn and experience, just as those you call the ‘have not’s’ have come to do the same.

As for being called the messiah or being known as the Christ; that was simply story telling used later on in their bible, to lay the foundation for creating a divine personage; who in the future could sway and help the religious authority with their

hidden agenda of controlling the illiterate and weak people. This is the same power and greed that is sought after in your world of today.

My suffering and crucifixion were merely for show. I did suffer some floggings and I was given a mock crucifixion to satisfy the Pharisees, the elders, the Sanhedrin and some other interested parties, but I was not put to death as many were led to believe. I was displayed on the cross and then removed where I was allowed to rest, then sent out of the area by the Romans with the understanding I was not to return. I lived a long life in that incarnation.

The dying for the 'sins' of mankind was just more story telling by those in religious authority. It was simply another control measure to use against the people who were susceptible to such deceptions. The Source of all Life did not create 'sin,' this was a concept created by those humans seeking control over their fellow man.

As I said earlier, there will be no judgment day for mankind, no Second Coming of Christ. Simply more story telling to assure obedience by those seeking to maintain their mental and emotional control over those known as Christians.

Q.

Isn't suicide a sin?

A.

As I just said, there is no such thing as sin. Only in the mind of mankind does such a false concept exist. Suicide is no different an exit from your world than is any other manner of death. It is a physical action manifested from thoughts and stress that persist on an individual's mindset.

Most often, suicide is from an energy being that has not experienced many lifetimes. If an energy being is so traumatized that it cannot continue and is not adjusting to the human form, then it is permitted to exit your world through the avenue termed suicide. Self-inflicted death only returns you to the other side as all other manner of deaths simply return you to your true home world. Those who opt-out of life through suicide usually are counseled by higher, more advanced beings after they return home.

The overall problem is lack of understanding of this entrapment in a human form for learning and also because of

the need to forget their true existence. Those beings are then allowed to incarnate again into similar circumstances in order to grow and move forward with their life path, in the hope that they will forgo the same entrapment leading to suicide.

Q.

So what is the true story of your ‘mock’ crucifixion?

A.

There were many among the people who loved my spoken words which conveyed love, fairness, joy, understanding, peace, compassion and so forth. This soon caused jealousy and ego manifestations from those who viewed themselves to be the spiritual leaders of the common people; those who contained titles such as Elders and those of the Pharisees movement. They felt my teachings would draw the people away from them and their sway over them.

They first plotted to simply have me arrested with the desire to force me to move out of the area, or if need be, to have me jailed in hopes of tarnishing my reputation. Yet before they could implement their little plots the High Priests and those of the Sanhedrin had already decided that the only way to truly stop me was for me to be put to death. So I was first taken into custody and brought before the high priests. When I would not answer their false accusations I was stripped naked and whipped. After two days of more refusing to answer their false accusations and more whippings I was turned over to the Sanhedrin, the Jewish Council for an impromptu trial.

Since the Sanhedrin had very limited authority and could not impose a penalty of death I was whipped and mocked again. Since I would not defend myself against their false statements they took that to be an admission of guilt, especially when asked if I was the Son of God. Their frustrations then brought me before the Roman governor Pontius Pilate...

Q.

Were you not sent at one point to appear before Herod?

A.

No, that never actually occurred. Pilate had little regard for Herod and his heavy-handed tactics in dealing with his own

people. So he never entertained the idea of allowing Herod to have any chance at deciding my disposition with the Jewish council.

The Sanhedrin presented their false claims against me to Pilate; mainly that I claimed to be the 'King of the Jews' and that I did not pay Roman taxes, and that I had spoken out to others not to pay Roman tribute as well. Pilate knew what was really taking place from the beginning as he had spies within the Pharisees and Sanhedrin as well as many other groups and organizations within his domain. On the first day Pilate listened to the false witnesses brought before him by the Sanhedrin council and he knew all too well how to play the appeasement game.

Pilate's wife came to him that evening and confessed she had heard me speak and found truth in my words. She also spoke to him of a dream she had which caused her great worry. She told her husband if great harm befell me she would surely suffer a horrible death as envisioned in her dream.

Q.

Didn't she bring her son Pilo to you so you could heal his foot?

A.

That never occurred. She saw me on several occasions but we never had a personal conversation, nor did I heal her son or any others associated with her or her husband. Pilate took his wife's council very seriously, but he had already decided early on not to end my life. Pilate was not a man to be coerced or dictated too especially by those he viewed as lesser or conquered peoples.

The next day I was brought before Pilate in his private chambers; asking not if I claimed to be the King of the Jews, nor any other questions did he pose to me. Observing me for a short time, he then approached me; placed his hand on my right shoulder and looking deep into my eyes said he had been visited by dreams which caused him grave concern. I was told I would suffer greatly and yet I would be spared death if all went according to his secret plan; which involved me and my family leaving the area and not returning ever again.

The guards were summoned and I was taken back to receive my public sentence. Pilate found me guilty and crucifixion

was imposed as was the common practice for all non-roman's to be executed in this fashion. First I was publicly stripped naked and my hands were tied over my head to a large post in a small courtyard where I was flogged. This was mainly to humiliate me in the eyes of the High Priests and the Sanhedrin who had insisted on this punishment again. Pilate complied to ease the tension of the overall situation. I received only thirteen lashes from the whip and was then cut down and taken to what you would call a prison type of compound. I was held there for four days at which time I was taken with seven other condemned criminals to start the crucifixion process. One by one...

Q.

Wait a second...I thought there were only two others who were crucified next to you...two condemned thieves?

A.

That was simply more fictional writing by those in religious authority. They created those two characters and then created a fictional dialogue which they claimed occurred between us. I did not speak to anyone throughout this ordeal. I never spoke while upon the cross; I never called out to God or had a conversation with a thief or spoke to those few who were present. This was simply more storytelling to give the illusion of my divinity.

Just know, I was not widely known throughout the land and this was just another ordinary day during that time. There were no large crowds gathered for no official announcement was made of upcoming executions to keep the populace from becoming overly agitated. I was simply one of eight condemned to die by crucifixion. All were stripped of our clothing; our hands were bound and then all were marched to the remote hilltop in the late afternoon. Those who observed us passing by would alert others, who were family or friends, who would then follow us to the execution site. Mary, my wife, was among those who came later when word arrived.

There were twenty-two stationary posts at the site and when a top beam was added to a post this formed a 'T' shaped cross...

Q.

Didn't you have to carry your cross through the streets to the place of execution?

A.

No, the Romans knew through experience the post and top beam were far too heavy for the average weakened condemned criminal to transport; so all was contained at the site. Once our small group arrived each was in turn flogged as was Roman custom. One by one we were taken and our arms were bound to a top beam using rope cords; no nails were applied.

Q.

You were not nailed to the cross?

A.

No, but the biblical story of my being nailed to a cross makes it sound better when trying to convince the masses that I suffered greatly for their so-called sins.

As I was saying...once we were secured to the top beam we were hoisted up onto the post where the beam and post now formed a 'T' shape. At that point our feet were secured to the post with rope cords. Those who were healthy in body and limb lived many hours and some for several days before succumbing to death. Others in less desirable health died very quickly once placed on the cross and some even died from the flogging and were spared crucifixion.

Q.

Did a Roman soldier pierce your side with his spear?

A.

No, that never happened, and for your information the soldiers didn't place a thorny crown upon my head, nor did they cast lots for a robe I was said to be wearing. I and the other seven condemned criminals were stripped naked at the prison compound and taken through the streets not only to humiliate us but to also serve as a warning to others. So there were no garments to cast lots for at the execution site.

I was on the cross for nearly two hours when a small group of the Sanhedrin had come to verify my crucifixion. After observing and mocking me they returned as darkness

descended to report to the others that their work was finished, I was no longer a threat.

At that time I had been hanging on the cross for nearly three hours.

One condemned criminal had already expired by the fourth hour. As the fifth hour approached, my wife and several of those of the Essenes were waiting nearby. A soldier arrived and after a short conversation with those of the crucifixion contingent, I was cut down. Mary and the others removed me to a safe location to tend to the rope burns and assist me as I was restored to full health. Within three weeks Mary and I were secretly assisted in leaving the area with the help of the Essenes.

Q.

What part did Judas Iscariot play in your arrest, did he hand you over to the Jewish Elders as claimed for thirty silver coins?

A.

This so-called event never actually happened, but it is a form of creative fictional writing which adds more credence to the overall fictional accounts contained in the bible. That individual did exist but was not a so-called disciple or apostle, merely someone who came to hear my teachings on many occasions. He did not betray me nor did he commit suicide out of remorse as some have reported.

Q.

What about the three days in the tomb, your resurrection and then your ascension into heaven? More storytelling from the church I take it?

A.

Yes, more embellishment trying to convey my contrived divinity as the Son of God to the masses. Those in religious authority needed to persuade the people they wished to control that I had the power over life and death making me as divine as God.

Q.

What happened at the Last Supper?

A.

No last supper as stated in the bible took place, but there were several meals with those who came to say their goodbyes, as it were, while I was recuperating from the mock-crucifixion episode. Many former teachers of the Essenes, family and close friends came to wish us well on our journey, knowing we would not be returning to that area of the world.

Q.

So where did you go after you left this area?

A.

Many years spent in India teaching my philosophy to those who would listen. Then migrating to what is now called Western Europe where Mary and I spent our final days. The date of my natural death, using the same method to calculate my birth for your understanding, was 85 AD, November 11th at 7:17 in the evening. Mary would live another seven years before leaving this world.

Of our three daughters, the two older ones made their lives in India and died there. As for Little Mary, the youngest, she died late into her nineteenth year in India. She was very outspoken concerning the poor treatment of what some in India today would call the 'untouchables.' She was beaten to death by a small group who had warned her not to interfere in their way of life. This was a planned event for her to experience in that lifetime.

Q.

They speak of the Cleansing of the Temple where you overturned the tables and whipped the money changers because of their greed, how true is this statement?

A.

This is one of the few events in the bible about my life that did have some merit to it. After all, I was in a human form and did experience life as all in the human form do. I did not have a bad temper per se, but I had my moments as many do on earth. I was agitated by the greed shown by those who were known as the money changers who conducted their trade in the temple.

I was not upset that they were doing this in their temple, but

that they were short changing and cheating the citizens while using the so-called sanctity of the temple as a ruse. This upset me greatly and I entered the temple and had a loud exchange of words with one of the money changers. He conveyed no sympathy and showed indifference at having knowingly cheated his fellow citizens. I did not turn his table over yet I did force his coins off the table and came around the table whereby I pushed him to the ground. I then proceeded to give him a rather loud rebuking.

Others in the temple became fearful and fled seeking assistance from the local authorities, yet I was not stopped or approached by anyone as I left the temple, nor was I later visited or questioned by anyone having legal authority.

Q.

Tell me about the miracles you performed? Did you bring Lazarus of Bethany back to life after being dead for four days?

A.

Lazarus was suffering from malnutrition which brought on a series of seizures which in turn pushed him into a comatose state. The ill-trained and ill-equipped physician who was summoned concluded he had passed and he was placed in a tomb.

By the time I arrived he had been pronounced dead and entombed. My Spirit Doctor communicated to me that he was in fact not dead so I had his tomb opened and I entered. I was instructed by my Spirit Doctor to place my left hand upon his forehead and to place my right hand over his heart area. Healing energy from the other side was then passed through me into the body of Lazarus. I could feel this warm, loving energy as it passed through me. After seven minutes I felt the energy no more so I removed my hands and went outside and sat with the others in silence.

Within the hour Lazarus awoke from his coma and emerged from the tomb. Great rejoicing from his family and friends erupted and I was thanked most gratefully by those present. As the story of this simple healing went forth through time it was exaggerated and those in religious authority embellished it into a divine miracle and placed it in the bible.

Just be aware there are no such things in your physical

world as so-called ‘miracles.’ All events that may seem ‘miraculous’ are accomplished through natural and spiritual laws that are operating normally for this planetary system.

Q.

I have heard of this ‘laying on of hands’ to heal people before. Can anyone do it?

A.

Healing energy can be used by anyone wishing to help themselves or to help others.

Q.

If I wanted to heal myself what would I need to do?

A.

If you can reach the area of your body that is in need of healing energy place one or both of your hands there. If you are unable to reach the area simply relax, sit or lie down in a comfortable position. Now close your eyes and mentally call for your Spirit Doctor to come and provide healing energy for the illness or affected area of your body. Visualize in your mind the disease being destroyed and removed from your body or visualize the injured area becoming whole and healthy once more. Repeat this each day for as long as the healing is required. Have patience and don’t give up too soon, for thought to become a physical manifestation takes time in your world.

Now, if you wish to do ‘hands-on’ healing for someone else such as a family member or close friend then have them sit in a straight back chair if possible so that you can stand behind the person. Ask your spirit companion to place a shield of protection around you mentally. If they are comfortable with it place your hands, one on each side of their head or one hand on each shoulder. If they are not comfortable with being touched then simply hold your hands in the same position just an inch or two from having contact with them.

If they are in a bed simply place one hand on their forehead and one over their heart area. Now close your eyes and mentally call upon your Spirit Doctor and ask that they bring forth healing energy for your loved one. Visualize this person in your mind, see them walking in the sunshine in a state of

good health.

Remain in contact with the person for as long as you feel the energy flowing which may be only a few minutes. Simply repeat these healing techniques as often as you feel comfortable doing so. Remember you are not to send this healing energy yourself, allow your Spirit Doctor to do it. Your Spirit Doctor may combine some of your energy with that of theirs so make sure you mentally ask for a shield of protection so that no energy from the ill person returns to your physical body. Do not weaken yourself while trying to help others.

Remember that not everyone wants help for whatever reason they may choose. You cannot force healing upon anyone who does not wish it. All have free will. There are those who may wish healing energy yet no matter how much is given it will not have any immediate effect upon the person. Some individuals have programmed into their lifetime a certain illness or disability they wish to experience for their spiritual growth pattern. Their inner being does not want it cured or corrected until they have fully experienced their chosen lesson or experience from such an event.

Once accomplished their body and mind may allow healing energy to assist them, if they so desire it, but do not try and force healing energy upon anyone, let them freely experience their chosen journey of self discovery. There are no accidents in this physical world.

Q.

When will we find a cure for cancer?

A.

Many cures for major life-threatening diseases such as cancer have already been discovered by your medical and pharmaceutical establishments, yet they have no future plans to disclose these cures to the public at large. There are vast amounts of profit to be made by 'managing' disease as opposed to 'curing' disease. The public welfare is not the true goal of these establishments; greed would be the true motivator.

Q.

What did you mean by, ‘no accidents in the physical world?’

A.

There is much adjustment that takes place in your life depending on your free will so that events that are planned may take place, that is, not the specific event in most cases, but the event that brings about the desired experience or goal that you planned to achieve and experience in this lifetime.

There are many things that influence free will and influence events during your lifetime. There are many things that are planned, simply because they appeared accidental or inconsequential makes them no less import, though they may be. An accident can bring your attention to an area that you were neglecting, even in terms of thought; though the accident may have some physical impact associated with it. There may also be implications for your emotions.

It is important to adjust your thinking to understand that there are no negative actions. There are many things that unfold so that the desired plan, that which you were counseled on and have chosen to experience with your own desire, that these be accomplished. You may learn different aspects of love, for example, through any number of experiences, so it is not dependent at ‘all’ times that you meet a specific individual or care for an individual so that a bond is formed or any other part of love or caring be experienced.

There are times when it is ‘very’ dependent on the person because of their path and your path and how they interrelate, but many goals and experiences will be brought about by the circumstances no matter how your free will has intertwined with your desired plan. It is of utmost importance to keep your mind open and clear and not worry on how the event has been formed, but to understand the causal reasons; those important beyond the physical world, those that you will carry with you after your physical death.

Examine these reasons, the motivations and the areas being affected. These are what often determine growth or an area to review for some potential lesson or meaning after you have come through physical death. It is not necessary at all times to feel as though you experienced a specific incident and then reacted poorly to it, though you may not understand the process now you will understand, or you still may not, upon your exit

from this physical world.

Your reflection on this situation and understanding the correct, or universal, response that may have been more positive is as useful as if it were your initial response. Typically, it is not known by you whether this also was the required response for the growth of yourself or for others involved, though all actions should be considered and reviewed on terms of how you feel much later, after the incident. Were you better off because of your reaction to the accident, or were you feeling as though you reacted negatively towards yourself or others involved. These are important if you are considering growth and evolution in your lifetime and beyond it.

Q.

Can you explain this ‘desired plan’ you mention and how we are ‘counseled’ concerning it?

A.

Those energy beings that desire to incarnate into a human body meet with a group of higher beings who act as counselors. The being is working on its individual evolution or it may be part of a group and the higher beings assist with that process. The counselors make sure the being doesn’t try and program more lessons and experiences then it can handle in a single incarnation.

There is a lot that must be taken into account; for the being is allowed to decide if it will be male or female, what race, what nationality or area of the world to be born into, does it require a family unit or only a single parent or orphanage. Will it need many years to experience its chosen lessons or just a few short years to accomplish its spiritual desires? Does it require a healthy body or a body with a physical, mental, or emotional handicap to fulfill its lessons? Does it need to experience a life of wealth, power, or a life of poverty to grow spiritually? Has it come to assist others or to be assisted by others...

Q.

Wait a second...those who have a physical handicap asked to be like that?

A.

There are those energy beings who desire to live a life of diminished capacity, whether physical or mental, for their personal spiritual growth. They can move at a faster spiritual rate, but do not necessarily move at a faster rate simply because they are handicapped. There is not more or less for them to know; only that it is a different way to learn through the physical or mental impairment they chose. They too can go off their chosen path and achieve no spiritual progression just as those beings in a healthy body can.

They also help to teach to humankind the lessons of kindness, love and patience as it relates to these individuals. Those with a diminished capacity have less interference to contend with from mindless pursuits, because they cannot engage in them, and they are therefore less distracted on their way to their goals. These beings can return for this specific purpose, of being disabled, when in previous incarnations they had missed the opportunity to complete some specific task. Not true for all beings. They can be great teachers in their own right.

Now, to continue where I left off, after choosing all that and much more the energy being then decides on specific experiences it needs for its individual growth; for example it may seek role reversal depending on if it was the victim or the attacker in its last incarnation. Such as being murdered or being the murderer, being a rapist or being raped, being molested or being a pedophile, being mentally, physically, or emotionally dominant over another or being dominated by someone and much more. Now there are many energy beings that have progressed beyond those types of lessons and experiences and now seek other challenges for their spiritual advancement...

Q.

Sorry to interrupt again...but the 'being murdered or being the murderer' thing...you're saying for example when some teenager goes into a school and kills a bunch of students and teachers, it was a planned event?

A.

Yes, the lesson of unconditional love knows no bounds or

limits in your world. All who are involved in a specific event of the aforementioned type, whether you view it as tragic or not, were complicit in the action itself from a spiritual standpoint. All were actors on a stage, so to speak, fulfilling their desire to experience the event for personal reasons, and at the same time to teach the world about true, unconditional love. You must look behind the scene, as it were, to understand the true meaning behind the so-called tragic events that occur in this world of illusion.

Now, to begin where I left off, these lessons the energy being chooses to experience in the physical form are placed in the subconscious mind of that individual for its personal spiritual advancement. Now free will is a factor once the being has incarnated. That individual can alter and change its life path, but should it stray too far off its chosen course its Spirit Doctor will then try to steer it back to its original desired plan. Especially if its free will has placed it on a path which will not accomplish anything beneficial for the energy being.

There are individuals who experience depression simply because their subconscious mind, that which knows what life path it planned, is in conflict with its conscious mind which is now being influenced by the free will and other outside stimuli. If the person cannot be guided back to their chosen path by their Spirit Doctor, he will then seek to arrange it so that the main lessons can still be placed in the path of the individual.

Humans more often than not allow 'mindless pursuits' to become major distractions which push them off their chosen life path. They allow these distractions to become a fixation which consumes their daily lives.

Q.

What are these mindless pursuits?

A.

Such things as computer games, excessive and frivolous internet usage, life consuming sporting events, prolonged television viewing of violence and endless aggression; especially concerning the raising of your children, continual cell phone texting, and similar mindless distractions. People become obsessed with these trivial endeavors, and they lose

sight of the true reason they incarnated as they allow these distractions to overtake and control their daily lives.

Now, there are enjoyments here and they are allowed to be experienced. Simply because a person enjoys mindless pursuits does not make them negative experiences, in and of themselves as long as they are done in moderation. Many have great work to do and for some these mindless pursuits can become hindrances and should be avoided. Some individuals seek comfort in these things. The key here is moderation, moderation, moderation in all things; too many do these things to excess causing them to lose sight of their true path in life.

There are those energy beings that have in previous lifetimes been consumed by mindless pursuits and failed to achieve their chosen lessons; so to avoid the same outcome again, should they fall prey to the same mindless pursuits in their current incarnation they have programmed certain things or events to force them out of their complacency. An example would be that of a major disease such as heart disease or cancer to name a few.

When an individual is too far off their chosen path their life event programming is triggered and the event or disease comes to the rescue, so to speak, to force the individual to take notice of their life, and allow lessons of unconditional love to be experienced and expressed on many different levels.

Many in your world may not see a major disease as something ‘positive’ while they are experiencing it, yet they will be very pleased when they return knowing they did not waste an incarnation through all-consuming trivial pursuits.

Q.

What do you mean by, ‘especially concerning the raising of your children?’

A.

If you allow young, impressionable minds to be given daily doses of violence and aggression through television and the internet; do not look surprised when they grow up to be aggressive and violent adults. The lack of parental control is just one of the leading causes of the chaos you experience in your present society.

They have come into this life to follow ‘their’ chosen path, not the path of the parents or society at large. Educate your

young in the following spiritual truths; teach them to live a moral life, to assist those who have less, to be of service to others who are in true need, to work for the higher good of all humanity, and above all to love all life unconditionally.

If you restrain the essence of a child at an early age you condemn them to a life of spiritual slavery so to speak. An example of this would be to indoctrinate a young child into an organized religion, seducing it into believing in the archaic myths and falsehoods which will infect and limit its intellect. A child so influenced, be it intuitive, will reject and discard the erroneous religious instruction as it becomes self aware of its deception, and shall then turn on those whom it feels misled it at a time when it had no way to resist this betrayal. It will then seek its true spiritual path to enlightenment by removing itself from those whose guidance it now subconsciously no longer trusts; be it parents, religious authority or others it felt went along with the original betrayal.

Those less intuitive children will be held captive by organized religions power and authority, and they shall force upon their own children a similar fate, which they were unable to break free of themselves. Organized religions have brought great suffering and strife to your world, stop perpetuating this negative cycle onto future generations.

Q.

I take it you are against all religions?

A.

To be truly free in mind, body and spirit you must come to the understanding that humankind requires no ministers, no priests, no rabbis, no cleric, no church, no mosque, no synagogue, no temples, and no places of worship of any kind. No system of doctrine, dogma, or theology need be placed in your path as an obstacle to the simple truths of the 'Source of all Life.'

Unconditional love is experienced from the smallest measure to the highest; love is the key that unlocks your spiritual growth, and it's that simple. Religion has replaced God by falsely claiming without its guidance and control you cannot reach God. Remove yourself from this false deception; no matter what stage of development you are in it is never to

late to cast off the limitations of manmade religions and move forward with your spiritual enlightenment. Yes, I do understand not everyone is ready to advance and many have grounded themselves in some form of organized religion and that is fine. If the path you are following has led you to place yourself into the confines of a religious group, then so be it, for that may be where you are currently in your personal growth.

When you have sufficiently grasped the limitations of religion, should you come to that realization, then you will no longer need its superficial support and you will be ready to evolve higher as you seek out your true spiritual path in life. But for those who are unable or unwilling to leave the controlling aspect of religion, please don't subject your children to the same entrapment which has befallen you.

If you learn no other lesson in this life, know this, all material things have no meaning or value in the world of spirit. The only things you take with you when you leave this life are the experiences and lessons learned which affect spiritual development. Wealth and power have no place on the other side.

As it has been said; it is important to know that humankind will one day understand why their loving Creator has allowed them to experience; disease, war, rape, murder, genocide, starvation, and other so-called negative things, and they shall be so truly thankful for those lessons they have come here to experience. Allow the future generations to be free of such ignorance which has held your world for too long in fear.

Q.

What about 'walking upon the water' as foretold in the gospels, did this truly happen?

A.

I did not walk upon the water and did not calm the storm as the bible states. I was observed by a few who saw me levitating about a foot off the ground while in a meditative state. They then later used that to foster the 'walking upon the water' story. This fictional story was simply used by religious authority who wanted to show my so-called power over nature, thus adding to the divine image they were fostering to the masses.

Levitation has been used by humankind throughout the

centuries and there are those among you today who have developed this ability in conjunction with their Spirit Doctor.

Q.

Did the miracle feeding of the 5,000 with just ‘five loaves of bread and two fish’ actually take place?

A.

This event did take place, but was an extreme exaggeration concerning the numbers mention in the bible. There were no 5,000 people in attendance. As those who came to hear me speak were coming and going totaled at its height no more then 90 people. During the early evening hours I observed those who had traveled several miles and arrived without enough food and drink to sustain them. I simply asked those in attendance who had more then enough, to share with those who had little or none.

Remember, in that time and place there were no fast food restaurants located on every corner as you now seem to have. Most people knew to bring food and drink when traveling any distance from their home or village, yet as in your time of today you always have those who do not think before acting. Not a miracle, just a simple expression of brotherly love.

Q.

Did you perform exorcisms to remove demons?

A.

There are no demons and therefore no reason to perform a so-called exorcism; simply superstition advanced by religious authority to insure more control over the illiterate people of the earlier historical times. There were those with epileptic conditions who were viewed to be so-called demon possessed because of the seizures experienced by those individuals with this affliction. Lack of true knowledge and understanding lead those in your world to turn to superstitions and false assumptions when no other answer presents itself.

When I encountered someone having a seizure I simply provided comfort and called my Spirit Doctor to bring forth healing energy. As the person stopped seizing those on-lookers with their limited understanding assumed I was casting out

demons of those they felt were possessed of evil spirits. The ignorance of humankind often shows itself through superstition and nonsensical beliefs.

Q.

I've read you used many different 'cures' in your healing of the lepers, the blind, the deaf and mute, and many others. What kind of herbal medicine did you use back in that time period?

A.

From a spiritual and physical viewpoint let me just say that I used many remedies to heal those Individuals I encountered on my travels. One of the more important being cannabis, which was not only used to heal and alleviate pain but also used during religious rites and initiations long before I walked the earth.

Throughout world history cannabis was...

Q.

Wait a second...you're talking about marijuana?

A.

Yes, that is what you call it in your present society.

Q.

Marijuana is illegal in most parts of this country, but you're saying it shouldn't be?

A.

Cannabis, which you call marijuana is a natural growing plant in certain areas of the world, and when ingested or smoked does bring forth healing qualities for the human body and mind. It can be a very effective method of healing especially when combined with healing energy.

As for your current laws, the top authority of this country take things which have benefit for the people and use it as a political tool to gain power and control over the people they 'claim' to protect and serve. Your so-called war on drugs was lost long before it started. Many of your laws concerning what you label to be illegal have political roots designed to control specific racial groups within your population.

Your country lost the same battle over alcohol when it tried prohibition, but finally learned it was easier to manage when they legalized it, taxed it using the proceeds for the public good. In time you will more fully understand the overall benefit of cannabis and utilize it as you do alcohol; for when it is abused, alcohol is one hundred times more destructive than cannabis on the human body and your society, yet both serve a positive purpose when used in moderation.

Q.

Did King Herod really initiate the ‘Massacre of the Innocents’ trying to kill you as an infant?

A.

No, this event never actually happened, but it made a good story to tell. Also there was no flight into Egypt by my parents to save me from Herod. This was simply more fictional writing from those who added this so-called event to the biblical accounts.

Q.

Can I ask a few questions which don’t really have anything to do with your lifetime as Jesus?

A.

Please do.

Q.

We hear a lot about Global Warming, so what would your take on that be?

A.

Global warming is a plan to allow man to realize the impact he has on the earth through commercial means. There is much to understand that all humans, no matter their intent, leave a trail of debris on this planet. There is much in that trail that is unnecessary and can be stopped.

Many feel better about recycling or using alternative ingredients. These are helpful but do not stop the overall impact when the better alternative is to find new ways of existing. Be aware that no matter what man does nature will

cleanse itself if left to its own devices.

There have been many times in the history of humankind that men lived more in harmony with nature; they did not pollute for the sake of material wealth. There was an understanding, a symbiotic relationship between the two so to speak; give and take, use and then repair. Today this is not the current overall view. There are many who attempt to strike a balance, but this may not help all those who are not working to even make amends through small tasks like recycling or using less.

This simply cannot continue; there will be change, but not simply because of your pollution, though it is a contributor. Global warming is in place to cause a shift in your thinking. To usher in a new mental and spiritual age; where items are created with purpose, not simply to squeeze the populace from energy and money as in your world of today.

Q.

Earlier you made mention of our ‘once’ great nation, what was that meant to convey?

A.

This nation, the United States of America, in the beginning forged itself into a country the world could look up to as a positive role model. It stood for freedom and democracy. Many outsiders dreamed to one day become a citizen of this great nation, where freedom and liberty were given to all. Yet, as time has passed, this great nation has fallen into great decline; the very soul of this nation has become spiritually, morally and ethically bankrupt.

Greed and corruption are common place in your government of today, and many no longer question it; they simply accept it as a way of life. Powerful groups who stay hidden in the dark shadows control your media and your government. Your elected officials no longer represent the interests of the people and seek to serve their own self serving agendas; and this you allow without question.

America has become a nation of ‘sheep’ so to speak, who have allowed themselves to be governed by ‘wolves.’ How easily and quietly, you so-called patriots are led to the slaughterhouse. This once great nation has many signs and placards today which adorn your homes and buildings saying

‘Land of the Free, Home of the Brave.’ Yet this slogan which once carried truth now could easily be replaced today with, ‘Land of the Enslaved, Home of the Fearful.’

America has become the true exporter of terrorism around the world, and you, its so-called ‘good’ citizens ignore this. It has even used terrorist’s acts within its own borders to gain control over its citizenry; through these fear tactics it has enacted laws to restrict the very freedoms that were once the hallmark of this great nation. Yet you ignore the truth and look the other way. Your coinage says, ‘In God We Trust’ but that is no longer true. You do not trust in God, in your country, nor in yourselves for you have replaced that trust with fear, and allow those who create this fear to govern you.

Q.

What terrorist attacks were used inside our own borders?

A.

One example of this would be the so-called 9/11 terrorist attack on the Twin-Towers. There is much that has been covered up. Many believed any story that was put through the controlled media and repeated like a mantra, over and over again. It becomes difficult to ignore the stories; many will doubt the truth that they know in their own minds to be true because they are faced with such overwhelming influx of false information disseminated by the government.

First, to say that the reason for these so-called terrorist attacks were hidden or obstructed is not true. There was much in plain sight, so to speak, for these acts. There is money, power and control by implementing the use of the military. Control here at home, reasons and excuses for control of the populace, rationing, and giving up liberties.

There is much involvement overseas in an attempt to gain control; in an attempt to gain allies, but these are not true allies that you will gain by mutual respect for peace and order. You will be receiving greater numbers of allies to the U.S. because of the deals and talks hidden from sight through force and negative tactics. These are not true allies to be counted upon as their own interests are their main concern and not mutually beneficial to all concerned.

It is important to know that there was much done to attack

the Trade Buildings prior to this seemingly terrorist attack and this is why this area was chosen; not necessarily for its symbolism, only those who attempted to reek havoc on it prior to 9/11 did so for its seeming power. The attacks blamed on those you call terrorists were done so because of prior engagement in such activities, therefore the U.S. citizenry would more easily be convinced by its own government even though they were not involved.

Many false stories concerning the alleged pilots and victims on the planes were circulated by the media, yet these were only cover stories used to inflame the citizenry. There were no pilots or passengers aboard any passenger planes that hit the towers that day. Many conceived stories were created to make the scene more tragic, believable and convincing that day. Know that those in the buildings were truly attacked and did perish, but no one died aboard any plane as they were flown by remote control into their targets. No pilots, no passengers and no terrorists were on board either plane that struck the Twin-Towers, simply false claims.

There was no attempt to subvert these attacks because it was deemed necessary by the government that they take place so that the government could implement more control within the country and abroad. It is important to know that there are some who are involved in government now who are plotting similar deeds for the sake of convincing the populace of possible future terrorist threats. Thereby blaming once again outside forces, these so-called terrorists that America is still a target and the American people need to give up more freedoms and liberties to insure their false sense of security.

It is important to know that beyond small town, extremely small town local government, where there is community cohesion, there are no truthful governments. Many are only driven by greed and power, albeit on varying scales. There are many ways that the governing few silence or ignore the people they have been elected to serve. Differing views are not often heard unless it is the controlling party's controllable opposition. They will assume the story line that is in opposition because they can offer a rebuttal that they have prepared. No critical thinking rebuttal is permitted in the public sphere because government cannot immediately defend its position under most scrutiny.

Q.

What about the attack on the Pentagon?

A.

It is important to know that no plane or missile struck this building, yet an explosion did occur. There was an explosion caused by inside forces. These were controlled in an attempt to make the panic and fear more widespread. There was not an attempt to conceal the fact that this was not a terrorist attack until after the event took place. This is why there is so much controversy in the accepted reason for what has happened there. This reason was formed, on the fly, as you might say in an attempt to create a story that completed the day of terror in conjunction with the other attacks that occurred on that day.

The main attack on the Pentagon came literally from within the building. It was not an outside force or implement that caused this destruction. Simply isolated attacks, individually, would have been tragic; but creating several incidents added to the chaos and the legitimacy of the story of terror, terrorists and fundamentalist ideals fostered by the government as the core reasons for the attacks.

It was not by any of the means or methods, nor by any terrorist or terrorist groups mentioned in the media that these acts were carried out by. These men who truly carried out these acts did not benefit from the attacks; they were strong-armed into doing so by higher authorities, a clandestine group who control power and disseminate information as they see fit within your government.

There is only an illusion of democracy at this time with a dictatorship that merely changes figureheads as necessary to sway the people into thinking they still can make a change. Notice how little change has taken place in the last elections, within the last few presidents that have been elected. Little change, no drastic measures taken; only perpetuating the same dogma that each has created before him. It is important to know there will be rebellion, a regime change as it were in the future, through seen and unseen forces resulting from cataclysms of nature and of mankind.

Q.

What of China...will it militarily or economically overtake

America in the future?

A.

This has already happened in many ways. Currently the U.S.A. holds many assets and much money, but many of their industries are spread throughout the world. This is done so that they may find cheaper sources of labor and cheaper resources to create products; rather than use and support their own people.

There is much that will not be told because within the USA's borders they must keep order and control. It would be devastating to many people to learn that they were being out-paced by a nation that was not a democracy, though many would be surprised to learn the U.S.A. is no longer the true democracy that they learned about in their studies in grade school.

The U.S.A. has financial backing power and support from other greedy interests, but China is able to support itself because all facets of their industry, commercialism, and all other areas needed are all contained within the country itself. There is much that can be replaced if there was an absence of outside material to China. They are much better equipped to adapt rather than the U.S.A. who will wait for some other means to produce the same product or a new alternative.

China is much more self-sufficient then what many believe and they are much more able to adapt. There are greater numbers within their borders, even though there are fragments of the younger population that are spinning away from long-held beliefs; there is still greater sense of community and greater span of beliefs that are held by many. This would, in a sense, make their military much stronger by sheer numbers of those who would defend should it ever become attacked.

There are many though, as in the U.S.A. that would rather face punishment than to fight another being on this earth. The U.S.A. is simply maintaining its head above water, so to speak, because of the trading and use of its money, lands and the like to sway deals across the globe, and to give the appearance that it is still a global power. The government does much to create and maintain this illusion in the mindset of its citizens that they are still on top of every aspect of human life; even though this is no longer true.

## Chapter 2

***PROPHECY: 2012 AND BEYOND***

Century after century mankind has heard the voice of the Prophets, Saints, Ascended Masters, Sages, Archangels, Mediums, Seers, and the like.

All have spoken on the same theme. Prophecy is just a **warning** of what may come to pass if mankind doesn't make positive changes. These changes involve the greater good of themselves and of Mother Earth.

They say there can be spectacular advancement in the areas of spiritual development and scientific knowledge/technology. Or there can be great catastrophes through; wars, disease, famine, drought, terrorism, hurricanes, and global warming to name only a few.

Change of any true meaning must begin with the individual self. Then one can make a positive impact upon the world they live in. Dwell within and expand your true spiritual power and you will affect change on a higher physical and spiritual level. Seek to rediscover the lost spiritual laws of the great source of life, the Supreme Creator.

Mankinds past actions, our karmic debt, have set us on the destructive path we now follow. We will make the necessary changes or we won't. Thus leaving us open to a wonderful future destiny or one in which many shall suffer greatly. This will occur not only on a physical level but on a spiritual level as well.

In the beginning of 2012 only a small minority of the population was actively working on their soul awareness. They were doing so in order to individually progress and to help Mother Earth evolve.

The majority of the population was deliberately (ego consciousness), or through ignorance (apathy), creating the cataclysms the prophets are predicting will befall us in the future.

Mankind's ego has created its own illusion of how to

control not only itself but that of all life it encounters. It has run amok with its inherent destructive behavior throughout the centuries.

The majority we speak of have lost faith not only in themselves but in the Creator, the great source of all life. You must have faith in something, and they have chosen to believe in nothing. They worship only corruptive power, greed, and coveting great wealth. They have lost themselves to the dark side of life one might say.

Mother Earth has already begun her cleansing of mankind's negative impact; her natural revolution in energy. Some events are already occurring; volcano eruptions, tornados, flash floods, severe drought, antibiotic resistant super-bacteria and the like.

Mankind's past and present destructive decisions run rampant throughout today's world. Those destructive decisions have lead to deforestation, corporate dumping of pollution and poisons into our air, water and soil.

These negative extremes and others are still causing incalculable damage to us and Mother Earth.

The minority are working to create a future of peace and harmony. Not only for the next generations of humankind, but for Mother Earth; for she is the key to our success. We can live in grace and ascend together or she will ascend and remove us from her path to enlightenment.

The majority think that nature is something that can be manipulated and destroyed as they see fit. They also blame nature for all the natural disasters without once looking at themselves as the cause of the disasters.

We have violently raped and are in the process of killing this once beautiful planet. She has provided us with everything we need to exist; shelter, food, clothing, water, air, and the like.

Not to mention how many millions of our own kind throughout history the majority have murdered in their search for power.

How ignorant they truly are to think Mother Earth would allow them to kill her in their pursuit of material wealth.

She has already started to purge herself. The negative energy we have dumped into her is starting to be released against us. Through the eruption of earth quakes, floods, hurricanes, droughts, tidal waves, disease, famine, and that's just the beginning.

Mankind has caused much misery through war, corporate pollution, and greed.

The ascension process for Mother Earth is speeding up as she enters and moves through the Aquarian Age. So time is drawing near before she commits herself to unleashing a total cleansing of mankind.

The analogy can be made that at this time Mother Earth views human beings as a skin cancer. A plague upon her surface which she can heal it, destroy it or let it consume her.

She has been waiting for mankind to find its proper spiritual center, thus working in harmony for all of us to ascend together. But the majority of mankind has failed and/or refused to grow spiritually.

The industrial sector elite view the planet as a 'thing' they can destroy for the sake of their profit gains. Nothing else matters, not you or I, not Mother Earth or future generations, just their selfish greed.

So Mother Earth has no other choice left except to move forward. With us or without us for her survival and ascension depend on her moving into her evolutionary process of purification.

The majority will blame or look to religion which will not help them, for they feel that they will be saved, or that their god is punishing them. They are lost in their own ignorance.

We need to wake up and start making positive changes in our lives. Time is running out as the point of no return will soon pass and leave us no choice in the matter.

What we have seen so far is very small on the scale of what she can do should we fail to change our destructive ways. She's trying to assist us to ascend but the majority are not listening, don't care, or simply won't give up the material greed.

Those who think the new millennium we have entered will just maintain the status quo are in for a rude awakening. If we don't change, the current path mankind is now on has only one ending. Through Mother Earth unleashing her arsenal of natural weapons and wiping out the majority of mankind.

The minority who are trying to make a positive difference will ascend to the next dimension. They will be allowed to move forward with her and to reincarnate back to her in their future lifetimes, after the purge.

The majority as they are cleansed from Mother Earth will not be allowed to reincarnate back. Their fate condemns them to be reincarnated to other planetary systems that are lower 3<sup>rd</sup> density planets.

After a period of one millennium Mother Earth shall grant them the privilege of reincarnating once again, should they be deemed ready.

For those of the majority let me speak on your lower negative level for a moment. Remember as you go forth and screw over your fellow citizen, you not only screw them but you screw yourself. Wake up before it's too late!

Karma records everything you say, do and think. Sooner or later you have to pay the price for your apathetic ego based indifference.

You created what you are about to receive. Yet you'll be the one's crying and begging the loudest for others to help you.

The Mayan calendar ended on December 21<sup>st</sup> 2012. It never inferred an apocalyptic end to the world, yet many feared and stood dumbfounded when the world didn't end. Yes, there will be the ever increasing manmade and natural disasters taking place worldwide. The world won't end overnight, but will suffer the negative karmic path it has chosen for itself because of mankind's indifference. Future generations, your grandchildren, will suffer for your lack of concern or responsibility toward your self, your fellow man and your planet.

The old world forces of corrupt corporate/government power refuse to surrender their control, the very ones you allow to stay in control and in power. That will signal the impending battle with the new forces. Those new forces that seek to restructure the new power of individualism in our future world society. Those of the enlightened warriors will continue to do battle with the old world elitists as our future unfolds.

Mankind will also feel the spiritual effect. Sad to say time is running out for those not working toward their soul ascension.

The world will change drastically for the majority whether they like it or not. Change is the only constant in the universe, and Mother Earth will move forward; with us or without us.

**SOME FUTURE PROPHCIES TO PONDER:**

1. God will be proven scientifically.
2. The existence of 'other' dimensions will be proven scientifically.
3. The existence of communication that exists between different dimensions will be proven scientifically.
4. It will be proven the 'Big Bang' theory is false and that the universe and galaxies were created in an orderly and well thought out series of planned events.
5. Extraterrestrials will be proven to not only exist, but will make official contact with those on planet Earth. Their intentions will be only peaceful.
6. China will over take America economically and rise to the status of a Super Power in its own right.
7. The scientific discovery of Alien DNA mixed with Human DNA will be proven scientifically.

### ***THE MAYAN'S AND THE AQUARIAN AGE***

The Mayan's major advances in mathematics, astrology and architecture were taught to them by a small group of extraterrestrial beings. These aliens came for a short time to interact with the human population on an experimental basis.

Those who escaped the last disturbances and destruction of that region known today as Atlantis brought forth their influence as well.

The Mayan's were introduced to superior technology. This was done in part for the extraterrestrial beings to study their learning capabilities. To evaluate how they learned and coped with the vast complex knowledge they were supplied.

They were shown how to build their stepped pyramids and other architectural designs with the aid of the aliens advanced machinery.

They were taught how to track celestial and terrestrial cycles and objects.

Those entities from Atlantis and the extraterrestrials assisted the Mayan's in producing a variety of working calendars. This aided them in observing the constellations and helped to implement their cultural ceremonial events.

The alien beings finally withdrew and removed all technology they had introduced. Through observation they determined the Mayan's were not ready for such advanced methodology. The aliens reached this conclusion after observing many behaviors which they determined were not acceptable to them (i.e., human sacrifice).

After the extraterrestrials withdrew the Mayan Empire continued to flourish. That is until natural and manmade disasters along with several diseases of epidemic proportions wreaked havoc throughout the land. These events decimated the population which in turn all but ended the spectacular Mayan culture.

Let us turn now to the astrology of the Aquarian Age. In order to understand the new Aquarian Age we first need to dwell a little on the age we just left.

The main focus of the Piscean Age was the battle between science and religion. Science could not prove the existence of a so called 'God' by empirical evidence. Therefore it rejected religions unquestioning faith. Religion on the other hand used 'unquestionable faith' as their standard belief system for the existence of God.

Mankind during the Piscean Age battled against itself. Those who controlled the knowledge controlled the meager and indigent masses of the world. That power flux increased the gap between the 'haves' and the 'have not's' of the old world order.

As science and technology advanced in the Piscean Age, religions started to falter. They have continued to lose ground even as we entered the new Aquarian Age. Yet in the wake of religions decline in the latter centuries a small non-religious spiritual movement arose.

Those new seekers who feel God is not to be found in an external holy building or religious dogma. They believe God is to be found within each individual. One must tap into their inner soul in order to experience and commune directly with God.

These enlightened warriors understand by creating inner harmony in oneself they can affect world change. Therefore they feel religion no longer serves its original purpose.

In the new Aquarian Age we have already entered, science and the metaphysical will merge into one entity. Once they blend successfully they shall serve the brotherhood of humankind.

Through their belief of sharing and integrating knowledge one can open up to the wisdom of the universe.

Mankind must stop big governments and global corporations from controlling and destroying the populations of the world. The individual will be the future focus for controlling themselves through spiritual awareness. This will in turn effectively control all levels of society.

The average individual has a basic working knowledge of astrology through what little they were taught in school. This mainly concerned the planets, moon, solar system, universe, through the typical instruction of basic education.

Therefore let us now expand on the Aquarian Age. Each age is comprised on average of 2,150 years in length. There

are twelve ages to a complete period. These periods take approximately 25, 800 years to finish one whole cycle. Just remember, everything in the universe moves through cycles. These cycles are constantly repeating themselves over and over again.

Referring to the Winter Solstice date of '12-21-2012,' this is an awakening. This is a greater time of evolution. There has been much written about this and there are some truths in each, though there is a great deal of material that has been lost or ignored for the sake of profit or to fit it with other ideals on the earth. There is nothing negative coming from this date or the changes preceding it or following it.

There is a change taking place and a large amount of energy will culminate on this date. There will be a pressure felt by many and it will be lifted on this date. There will continue to be changes but this will be a tipping point. The date has also served to bring notice to these ideals and processes in nature, and in the mind and human spirit.

The calendar that has counted this off was in place for this reason. An abrupt stop to any seemingly forever calendar will cause major attention, though many force it to become a dreadful thing when speaking this information to others. Attention, a focal point for discussion and an awakening. This was a mere road sign on the path of life that was set in motion many centuries ago. This allows a talking point, as it were, to create a window to the past, and allow those who may not find an interest in past civilizations, to delve deeper into the reasoning and earth changes, not simply a calendar to them, but a reason for investigation.

This date and the counting system are a catalyst for initiating thought in the humans and spirits of current times. Just as with many items, thoughts, or reasons, it is a blend of man's ideas and need for change, and a subtle nudging for this side of the veil. So that men will not fall too far off the path of life and understanding. For at this time it is becoming increasingly difficult for some to live on this plane due to conflict, war, profit, greed, and others. This will serve as a reminder that life and time are always changing, there is a cycle, and nothing ends. A catalyst for changing. Some will doubt it until it is felt.

There may be some who experience this as only earth changes, and do not take advantage of a deeper energy that is

being brought forth at this time. Though, the end result will be peace, a more peaceful time. You will still have conflicts, this is not to say that each person will 'have their own way' until they end their life. What would be the purpose of experiencing life if there were never difficulties to experience? This lifetime will come to a close on this date, and a new beginning will be marked by its passing. This is a time for celebration. This is a time for deeper thinking. Know that the calendar with which the date was counted off was brought by a higher form than man alone. The reason for this, Change!

Mother Earth is experiencing a physical and spiritual influx of energies at this time. Outside cosmic energies have begun to speed up, which in turn have been affecting our Sun. That effect has been causing solar activity to accelerate and intensify toward the Earth.

This solar energy that is bombarding Mother Earth is weakening her magnetic shield. This influx of energy is allowing the climate to change in conjunction with mankind's destructive nature.

Mother Earth herself contains a magnetic vibration. That vibration is speeding up due to more solar energy penetrating her weakened shield. That magnetic vibration affects all life forms on the planet, including that of mankind.

Therefore as Mother Earth's vibration speeds up mankind also experiences inner vibrational acceleration. This causes' physical, mental and/or emotional distress as humans try to cope with their new vibratory rate increase.

The average adult person's knowledge of astrology is limited to reading their daily horoscope. Those found in the newspaper or on the internet. They know what their zodiac sign is. Also that it has something to do with the stars and their date of birth. Otherwise they know very little.

As a warning do not live your life by what your horoscope dictates. Do not let your destiny be controlled or ruled by the cycles of the zodiac.

You were given free will in order that you could break free of the cycles of life. You have the ability to progress at an accelerated spiritual growth rate while in the human form.

Remove yourself from the wheel of karma. Allow yourself to expand your spiritual vibration from the lower realms to the higher realms of awareness.

You are not a puppet to be controlled by outside forces. Seek within yourself and follow the path you yourself chose for this lifetime. Use your free will wisely and open up to the infinite wisdom contained within.

## Chapter 4

***MOTHER EARTH FIGHTS BACK***

There are those in the minority of the global population which realize that Mother Earth is much more than simply a physical planet. She is the lifeline of 'all' creatures that incarnate into this plane of existence. We share Mother Earth with the animal, plant and mineral kingdoms.

Mother Earth has come full circle and now has begun her next ascension progression. In order for her to ascend to the next level of dimensional consciousness she must cleanse herself. By ridding herself of all the negative manifestations of energy mankind has forced upon her.

Spiritually, emotionally, mentally, and physically she must go through detoxification. This purification will take the form of; tsunamis, coastal flooding, severe heat waves, forest fires, earth quakes, droughts, volcanic eruptions, famine, hurricanes, tornados, widespread disease, snow/ice storms, to mention a few.

More will form and intensify if we don't assist and help heal Mother Earth in her time of great need. She needs our love, not our hatred and/or indifference.

Her consciousness is continually being infected by the majority and corporate elite. This is brought about through racism, hatred, bigotry, avarice, terror, and their war mongering mentality.

Mankind needs not only to stop creating pollution; we need to clean up the poison we've already dumped into this planet.

Mother Earth can unleash global destruction that mankind cannot even envision at this time if she deems it necessary. It is up to mankind just how severe the natural disasters/diseases will be. That being based on what we do or don't do to correct the situation on a spiritual level, as well as a physical level.

Mankind cannot rule, control or contain Mother Nature; period! We spend most of our time blaming nature for the disasters, when in fact we have manifested the destruction

ourselves through our negative karmic energy. How many warnings must we receive before it's too late?

We've come to the mindset that we no longer need to balance or co-exist with Mother Earth. We have lost our personal connection to nature, and we shall be so very sorry for allowing this to happen.

The minority are seeking to save her by using their positive free will. If we raise humankind's consciousness, and our level of unconditional love, we can triumph in the future. That incorporates the true love of the Creator, the love of self, and the love of all others that exist on the planet in all forms.

Through treating Mother Earth with respect, positive energy, and love, she will then respond in kind. The natural disasters will be less severe for all concerned.

If we fail to respect Mother Earth, we condemn ourselves to the prophetic warnings of earlier times.

Scientists will try to examine and explain away the reasons for the coming global changes. Those changes that are associated with Mother Earth's ascension. Yet they will continue to fail because they refuse to see the connection between the scientific and the spiritual elements.

Mother Earth is leaving behind the masculine side of her evolution, which was the dominant force in the Piscean Age. She now will bring forth the feminine side of her new consciousness as she progresses in and through the Aquarian Age.

Just realize the feminine is not coming forth to rule over the masculine. The feminine will rise to a state of equilibrium with that of the masculine in all areas.

Women are the true nurturers of humanity, and are the bringers of life and love to this planet. Men are the weaker overall sex, mentally and emotionally speaking. They foster chaos and destruction to all life through their self absorbed egos (jealousy/fears).

Men need to seek out and tune in to their feminine half, so they can grow spiritually on all levels of their being. Both must work in harmony to forge a new world of peace, balance is the key. To walk side by side on the path that leads humankind to greater compassion and understanding for all life.

Global warming is a plan to allow man to realize the impact he has on the earth through commercial means. There is much

to understand that all humans no matter their intent, leave a trail of debris on this Earth. There is much in that trail that is unnecessary and can be stopped.

Many feel better about recycling or using alternative ingredients. These are helpful but do not stop the overall impact; when a better alternative is to find new ways of existence and means to our daily lives. There is not much that is coming from it now since there is fighting between science and the reasoning for it. There are many times that should merely be experienced and mindful attention paid to the thoughts it creates in you, not the reasons why this situation is created.

There are many who blame god or some external forces. There is much that is done naturally to promote this into the natural view, but be aware that no matter what man does, nature will cleanse and repair itself if left to its own devices. There have been many times in the history of humankind that men lived in balance with nature, they did not pollute for the sake of material wealth. There was an understanding, a symbiotic relationship. Give and take, use and then repair. Today this is not the current overall view. There are few who attempt to strike a balance, but this may not help all those who are not working even to make amends through small tasks like recycling or using less. This simply cannot continue and the great physical changes to your world will help right these actions which have gone on for so long. There will be change, but not simply because of your pollution, though it is a contributor. This is in place to cause a shift in thinking. A new mental and spiritual age; where items are created with purpose, not to squeeze the populace from energy and money.

Things mankind needs to STOP doing and/or change to lessen the effects of the coming natural disasters:

1. Global warming; which causes rising temperatures (drought, famine, global hunger, etc.), melting of glaciers and arctic permafrost (coastal flooding), and destructive weather patterns (hurricanes, tornados, etc.).
2. Fossil fuel and deforestation (greenhouse 'CO2' gasses) needs to be reduced/contained on all worldwide levels.
3. Economic (negative market impact); stop allowing

- global corporations and/or governments to accelerate negative environmental impact. Stop them from decimating world populations by use of force, coercion, war, bribery, terrorism, genocide, etc.
4. Producing/processing foods (fruits, vegetables, etc.) Which contain; pesticides, chemical fertilizers, poisons, food colorings/dyes, preservatives, chemical additives. Stop replacing wholesome foods with genetically altered and/or engineered foods.
  5. Raising farm/ranch animals (livestock, poultry, etc.) which are injected with antibiotics, hormones, and/or steroids. Which in turn impact human beings on a physical level, through weakened immune systems, disease, etc.
  6. Drastically reduce or eliminate automobile and aircraft CO2 emissions in order to cut down on the damage to The overall climate.
  7. Climate change also affects ecosystems which in turn cause food chain reductions. This in turn leads to ever greater species extinction on a planetary scale.

Things humankind needs to START doing and/or change to help Mother Earth and ourselves survive the Aquarian age:

1. Buying organic foods which are produced without poisons being introduced into the soil, air, and/or water systems.
2. Consuming only those animals (cattle, pigs, poultry, fisheries, etc.) raised and fed on organic farms using free grains and/or natural grasses without insecticides, chemical poisons.
3. Replacing fossil fuels (oil, coal, gas, etc.) with clean energy systems (solar radiation, wind, water, etc.).
4. Recycling: 80-85 percent of basic consumer trash can be recycled. Yet less than 35 percent is actually being recycled.
5. Expanding and building more companies which produce wind and solar energy. Develop/promote those corporations/industries which promote renewable and alternative energy usage.
6. Turning garbage into usable fuel (synthetic gas) to

power homes and businesses.

7. Address these destructive conditions; war, poverty, crime, and terrorism. These bring about fear and hatred on a global level which enter Mother Earth as negative energy.
8. Using the three R's (Reduce, Reuse and Recycle) for all individuals as well as for all corporations and nations of the world.
9. All societies, governments, global/domestic corporations need to join together to remove all contaminated conditions affecting the world environment.
10. Commuting and/or buying fuel-efficient automobiles to assist in curtailing CO2 emissions.
11. Allow farmers to grow industrial hemp which will replace the needless destruction of trees. Hemp can produce paper products, medicine and food at cheaper costs.

Just be aware that manmade global warming isn't as much of a concern on a physical level as it is on a spiritual level.

Most of the global warming hysteria comes from the elite. They use it as a means to control/decimate the populations of the world from behind the scenes.

Wake up! Think deeper about your future, and the future world you are leaving for your children!

## Chapter 5

### ***ENLIGHTENED WARRIORS***

Incarnating into this dimension to aid Mother Earth with her goal of ascension are those known as the 'enlightened warriors.' Mother Earth has asked the Creator of All for help and her prayer has been answered.

These new souls are arriving with advanced spiritual abilities. Abilities that will give them the power to challenge the old Piscean world order elite. They have the ability to reawaken this dormant energy in others.

Their mission is to instruct those currently present on new practices and thought forms, to bring in new ideas. To focus their energy on raising the world for good. They may experience greater physical or mental anguish because of their openness. Yet, through indirect action they will influence many on this plane.

These enlightened warriors are being born and raised up in the current old world society structure. They will face many battles as they grow into adulthood throughout the Aquarian Age.

The majority who perpetuate the old negative status quo will not accept the new enlightened ones. They will do everything in their power to control or restrain these new souls. Fear of being stripped of their ill gotten authority and greed will compel them into taking action against their own kind.

The new spiritual warriors are incarnating with mediumistic/psychic abilities and greater intelligence. They are genetically engineered (DNA) and in tune with the new energies that are being introduced to Mother Earth. These energies are from the cosmic forces that are pouring in at an accelerated rate due to her ascension process.

Many of the enlightened warriors in the beginning will be attacked and subdued. The majority and elite will not understand and will be afraid. They fear the enlightened warrior's new power and the change they are bringing.

To contain these new genetically enhanced children, the

majority will through ignorance/fear try and control them. By using false psychiatric diagnosis (ADD, ADHD, Bi-polar, etc.) and the unnecessary use of behavioral medications.

Labeling them to show that they don't fit in or interact well with so called 'normal' children in our current fear based society.

Thus the elite will use these new enlightened children's parents against them. Telling them for their child to fit into the old society they must be watched, medicated and controlled at all costs.

Fear in the beginning will indeed prevail. Those parents of the majority will do everything in their power to comply with the old world order. Fear and ignorance are a strong combination for those in authority to use. They have used such tactics for centuries to maintain their control over the weak and ignorant masses in society.

Those enlightened warriors born of the minority will be understood and nurtured by their loving parents. They will be aided in their quest to bring forth the needed changes to Mother Earth and to humankind.

These new warrior souls incarnating into the physical dimension bring with them the following abilities and the agendas of:

A. Having a higher functioning intelligence and consciousness that will connect them to all living creations; thus leading to the understanding that all life forms are deserving of respect and unconditional love.

B. Recover from illness, disease and injuries through cellular energy manipulation in an accelerated level of healing. This also includes healing of all creations in nature and assisting Mother Earth in her cleansing.

C. Female children as they grow into adulthood will take on positions of power in society. This will aid in the positive changes needed for the future restructuring of society. Male children will work in conjunction with their soul warrior counterparts to usher in feminine love which is part of their mission.

D. These warrior children will have the ability of clairvoyance and/or the ability of telepathy (both explained in later chapters).

E. A major part of these enlightened warriors mission is to challenge and destroy the foundation of the old world order. Those pertaining to the negative systems of dysfunctional education, destructive governmental bodies, and oppressive legal systems.

F. These warriors will address questions of inequality. Such as how can so many be obese while others are starving and dying by the thousands from malnutrition.

Many enlightened warriors already walk among us and more are being born every day. They will join forces with Mother Earth to assist in bringing about her ascension process. They bring change, and everlasting peace.

Being sent by the Creator of All, those who oppose the enlightened warriors and Mother Earth will incur negative karmic debt.

## Chapter 6

***SAINT CANNABIS***

Spiritually speaking cannabis (marijuana) was used in religious rites and initiations as far back as the 3<sup>rd</sup> millennium B.C. Jesus used cannabis and taught others how to use it for healing sickness and alleviating pain. It has been used by Jesus and other religious figures throughout history for certain practices, which were designed to enrich the greater good of spiritual enlightenment and greater peace for humanity.

The drug war on marijuana has been lost and it's time to legalize its use just as alcohol has been legalized. As with alcohol, marijuana can be controlled by the government. Taxing it so that billions of dollars can be used 'for' the public good. Rather than spending billions of tax payers' dollars trying to win a war that was lost long ago.

Alcohol was a hard lesson to learn during the time of prohibition. That battle was lost until that drug was legalized and taxed for the public good.

It's time now to learn the same lesson with marijuana, to legalize and tax it for the welfare of society. How many individuals must be jailed over something which is far less harmful and destructive than alcohol? It contains medical benefits in treating the symptoms of major disease and illness such as cancer and eye disease.

How many are in prison now for purchasing and/or selling marijuana? It is a relatively harmless drug compared to alcohol, cocaine, and heroine. The elite need to stop manipulating drug laws. They do so to contain and control the vulnerable and destitute citizens of the world. The elite profit from the restraints and misery they place upon the poor huddled masses.

Legalized drugs such as nicotine (cigarettes) and caffeine (coffee, soft drinks, chocolate) are far more destructive and/or psychologically addictive than marijuana.

Marijuana is a natural herb; as with alcohol, this substance

in 'excess' is not for humankind. When smoked it does have healing properties considering the smoke that is created and the chemicals it produces. In moderation it is a very effective healing agent, especially if combined with mind energy healing.

Hemp is classified as a drug under federal law because of its minor relationship to marijuana; even though it doesn't contain enough THC to get an individual 'high' from it.

Hemp production is relatively cheap and can be used to make food, medicines, paper products and rope. The top elite want to control its usage in order to maintain their alternate industries. Which include producing their expensive synthetic medicines, lumber industries, genetic foods, etc.

Some points to ponder:

1. Farmers on three other continents are permitted to grow hemp crops (for paper, rope, medicine, etc.) for industrial production.
2. The level of THC (main ingredient of marijuana) found in the standard production of hemp is minuscule. An individual would be physically and/or psychologically unable to receive a drug 'high' from smoking or ingesting commercial grade hemp.
3. Through government regulation, just as the drug alcohol is regulated, marijuana can be legalized and decriminalized. It can be sold using the same safeguards that are used in the sales of alcohol, nicotine and prescription drugs.
4. It takes billions and billions of dollars to arrest, prosecute, and incarcerate individuals of nonviolent drug offenses each year. Billions of dollars that could be better used and spent on such things the public truly needs. Such items as Education, Social Security, Medicaid, the Homeless and other community based programs.
5. Studies show that those who drive under the influence of marijuana drive slower and more cautiously. Those who drive under the influence of alcohol drive faster and more erratically causing fatalities.
6. In the United States, not a single death has been

attributed to the basic act of smoking or ingesting marijuana.

7. Research demonstrates marijuana use does not lead to cocaine or heroin addiction. Just as alcohol does not lead to cocaine or heroin addiction.

The time has come to let Mother Earth freely bring forth cannabis. To help those individuals who truly need the restorative healing properties of this medicinal drug.

Humankind needs to openly embrace its place in our religious and spiritual heritage as well. Stop being so afraid of positive change!

## Chapter 7

### ***KARMA & AKASHIC RECORDS***

If you are in a physical human form you are experiencing what is called the cycle of incarnation. That which most individuals call reincarnation. There are many other dimensions, planes and/or levels of consciousness for individuals to incarnate and experience. But since we are in a physical form that will be the focus of this information.

Karma is simply the balancing of energy. Energy only changes form, it is never lost. There is always a reaction, in the same amount of energy, to that which is done by you. It may not be in the same form, but it is still experienced, sometimes scattered, sometimes in one action, but it is always in the same measurement of energy. This ensures direct learning by what one's own actions are creating. This is direct information on what one is doing but also by what one is thinking. Like attracts like, a law of attraction is not merely a passing fad. There is a change coming where people will come to understand that energy must be balanced.

Reincarnation simply means your soul has been entering into a human body through many different lifetimes. Each lifetime is a chance at learning spiritual lessons. These lessons lead us once again to the awareness that you are a co-creator with the Creator of All.

Those on the wheel-of-incarnation for example may have one or two lifetimes close together. They then may wait for several thousand years before reincarnating again. Many things are factored into being reborn again and again into this physical dimension.

Through these physical Earth lifetimes you are operating under what many consider to be a universal law, the law of karma. Karma in and of itself is not a universal law as many believe it to be. The basic principle behind it does operate on this physical dimension, that of cause and effect.

In the beginning God gave his new creations a life force of their own, that of conscious awareness. With that came the

ability to create independently from their Creator using their new found free will.

These souls were provided with what are called universal laws (which are unique to each level of consciousness). These laws were set into motion by the Creator of All to help these new souls in understanding their new abilities.

The Creator of All's desire was for his creations to become self-aware. Then they could become companions and co-creators to the Creator of All. Yet along the way to self-discovery many of the co-creations became lost.

Many souls became trapped inside their own creations. They lost the knowledge and remembrance of who they were and what they were. Through the laws put in place by the Creator of All they started on the path to rediscovery. Through reincarnation and karma they began their journey home, working on reuniting with the Creator of All.

Incarnating into this low dimension (3<sup>rd</sup> density) is basically one path many lost souls chose to aid in their journey home. You can advance or progress using this method of incarnation. Other souls have chosen not to get involved with the cycle of incarnations.

A soul will go through as many lifetimes as it takes to bring them back to the enlightened awareness of who they truly are.

These lifetimes which are influenced by karma bring with them their own set of problems. To progress one can move forward by passing the chosen tests and lessons. They may also lose ground by failing the chosen tests and lessons as well.

For example the lesson of caring for Mother Earth in her time of ascension. That in and of itself can be a very powerful lesson to challenge oneself to try and master. Failing to master it can cause a soul not to advance and even lose ground depending on how their free will plays out.

Nations and governments experience karmic justice just as individuals do. If they make war and create destruction on another nation or government then they will suffer the same karmic fate. War will come unto them in order to balance out the negative they have created.

Causing harm physically, mentally, spiritually and/or emotionally to yourself and/or to others adds to your karmic debt. Which in turn must be worked off in order for your soul

to advance and become enlightened.

Negative karma comes back to us in many forms. Such as living through repeated negative life experiences with individuals we have wronged in previous lifetimes.

Many souls take on physical karma. Such as reincarnating with deformed or diseased bodies and/or mental or emotional problems/illnesses. They do so to pay back the negative karma they perpetuated upon others in other lifetimes..

For example the soul that lived as Genghis Khan reincarnated back as the 'Elephant Man.' That soul wished to balance out part of the negative karma through ridicule and physical pain it received in that life experience.

Karma is not a system of punishment, it is simply a spiritual tool used to balance out the negative we create with our free will. What we sowed, be it positive or negative, we will in turn reap.

Our chosen lessons can create karma which needs to be balanced out. Say for example you and a spirit companion have incarnated to this physical dimension. You are female and your friend from spirit has come to earth as a male. Say he rapes and/or murders you during your lifetime together. This was an agreed upon lesson for the two of you to experience. One as the attacker and the other as the victim as society would view it.

After you both return to the spirit dimension you then agree to switch roles and reincarnate again. So that you are now male and your spirit friend is now female. You now rape and/or murder your friend to even out the karmic debt from the earlier life together, which was all done as a learning experience.

Great lessons can be experienced under the karmic (negative/positive) umbrella of life. Can you see the unconditional love behind such a shared event?

The Creator of All does not interfere with anyone's karmic debt. Not those of an individual soul, not those of a nation or government, or of those of a society or civilization.

The Creator of All will not stop that which was set into motion by us and for our benefit. We will feel the pain or pleasure of that which we have created and are currently creating in the way of karma.

Yet, it is always possible to create a new direction. There are those who have created atrocities against life, and may

move from that quite quickly, and do much good to balance the world in which so much negative energy was directed.

However there are some who will be seemingly trapped by it because experience that act, and then do not learn to move away from it. Some repeat negative acts because they enjoy it, but are counseled upon return to attempt to allow them to gain the knowledge that was contained within that action.

There is much good in all or that is to say, there is the potential for the good in all to shine forth, but there is not always an influence of good. It is possible to plan what you wish to experience, but know that certain lessons will be experienced if you planned them before your incarnation to earth. Emanating good will give you the impression of release from this karmic operation. Though know that you attract what you do, you attract by actions and thought. Know that you may commit a terrible act, and you may think that in order to balance it you must be on the receiving end. This is the case in some form, but know that you may have already done so in another life, or that you will in your next life. There is balance to everything. A label of karma only explains the nature of balance in the universe and those planes the creator has developed.

The Akashic records map and record each activity that occurs in each life forms experience, not just of humans, but all life in every way, if there is, what you call consciousness, there is a record for it. There are records for each lifetime and records that are followed as a plan, and as a recording of what has taken place. There are records for planets, though many are being created as we speak to you now, and serve more as only the recording, and less of a plan as there is much left up to the individuals in an experience at any given moment.

There is much to be known about these and how they relate to each universe. Each universe or plane will be able to be experienced by you. These are not separated and do not have separate records. All are contained in one area. You may have the same access to them as any spirit or energy being. Each is located where all can review and research, review past lives and events of any in existence. These are not private for education, and learning comes from others and their actions.

The knowledge will grow by expressing that which we cannot by way of viewing the actions, and though that were taken by others in the experience they had in their given lifetime. Yet you can only access certain information depending upon your level of spiritual awareness.

There is much to be learned by this great hall of records, but understand that what goes into them before you arrive in a human form can be changed, after your birth and life start, all becomes a recording of what actions were taken. Each lifetime is categorized and each separate spirit can view each incarnation they have ever had to view and track progress or trends in the way that many keep records on your plane now. There is much need for understanding and reviewing these.

These are becoming more easily accessed on your plane, but there must be some discretion by the entity that brings it forth and the requestor. Not all information is helpful in a lifetime, though if a spirit in human form is asking for them, there is a clear possibility that he or she is able to cope with previous actions. Be them positive or negative.

There is a need to review these from time to time. Review them prior to creating a plan for a coming future lifetime. There is a need to track these and all planes have access to them. This is one area where all beings may converge no matter their origination. Each may have access to each, but some higher forms are not shared with all for knowledge may not be ready to be shared for its impact on those that read it and are not yet ready to understand the concepts contained within it. Peace to all is a trend that is increasing in number within the records as a shift is coming. We are able to map and track these actions, and determine how a shift might occur or see that the mind of men is changing from what it once was.

We are entering a new age as you say, and will be experiencing a new 'reality' that becomes the new normal, and less aggression towards those of peace and thinking and mental ability. Sharing of knowledge and dropping dogma for only dogma's sake, will happen. These all can be seen in records here.

Each plane has their own existence, their own purpose, and you can travel to these, though not all can experience them for extended periods of time.

These archives have existed since the creation of the very first soul. They contain all the information and knowledge of

each individual soul entity. All creations of the Creator of All are registered within these etheric imprints. There is no need to worry about their contents for they only record unbiased

information; there is no opinion or judgment contained in them.

The Akashic archives also contain a soul's past lifetimes, its present lifetime and even its future planned lifetime. While in the spirit dimension a soul can access their collective thoughts and imprints. This gives them an overall understanding of their souls overall progression or deterioration. That then explains where the soul entity currently finds itself. Where it needs to go in order to complete its journey of remembrance.

## Chapter 8

***SLAVES OF MISINFORMATION***

Global corporate conglomerates have bought and taken control of the majority of mass media outlets. That in turn gives them the power to control all news and information. This is then disseminated to the general public at large by their deceptive censorship practices.

That means you will only be given the news and information the corporations want you to have. The main reason being their hidden profit agendas; which increase their wealth, power and domination over world events.

Corporations and the top elite have become very powerful. Their reach commands influence and control over the major divisions of the United States government. Through their use of fear tactics, false propaganda (misinformation) and direct deceit (lies) they manipulate not only America, but the world economy.

C.E.O.'s, board members and shareholders of the major global corporations have manipulated many politicians and elections. This is easily done through pay offs and intimidation tactics.

The industrial controlled media invoke fear through their disaster based news. They help scare the citizens into giving up their freedom in exchange for false security.

The mass media's exaggerated and false reporting of terrorist attacks, weapons of mass destruction, and the like keep us fearful. They thrive on the fear and suffering of the common man.

If you ask, "What part did the U.S. government play in the 9/11 terrorist attack on the Twin Towers?" The answer from spirit would be:

There is much that has been covered up. There was a direct influence in the attack and it is not by ignorance of pre-given knowledge as many keep repeating. This knowledge was conceived as a method for conveying to the public the reason for the atrocities.

To think that ignorance is a better excuse is unbelievable but many on your plane are much happier with this information than with any other excuse or reason that could have been disseminated. Using this excuse the government should have been fearful, that more public outcry would have been experienced as many would have lost faith.

Many believe any story that is put through the media and repeated like a mantra, over and over again. It becomes difficult to ignore the stories; many will doubt the truth that they know in their own mind, because they are faced with such overwhelming influx of information supporting the cause disseminated by the government.

There is reason to know that there is much done to bring the focus on the people of peace rather than focus on the reasons and motivations for this attack. It is our concern for you that many will be alarmed, and peace will be further from the obtainable future, because of the reasons that can be mentioned to you about this attack.

There are many who are in power who believe that these attacks were by outside forces. They will also cling to these ideals because they do not believe that the government that they work within would be controlled by a group of individuals who are not elected.

There are many who still have morals and values that they hold fast to, but many will need to be broken from this in order for the truth to be found.

First, to say that the reason for these acts is obstructed or hidden is not true. There is much in plain sight that is the reason for these acts. There is money, power, and control by implementing the use of the Army. Control here at home, reasons and excuses for control of the population, rationing, giving up liberties. There is much involvement overseas in an attempt to gain control, in an attempt to gain allies, but these are not allies that we will gain by mutual respect for peace and order.

We will be receiving greater numbers of allies to the U.S. because of the deals and talks hidden from sight, through force and unclear tactics. These are not truly allies as their own interest as well as ours, is what each country seeks to improve, not mutually beneficial.

It is important to know that there was much done to attack

the Trade Buildings prior to this seeming terrorist attack, and this is why this area was chosen. It was not necessarily for its symbolism, only those who attempted to wreak havoc on it prior to 9/11 attempted so for its seeming power.

The attacks blamed on those you call ‘terrorists’ were done so because of prior engagement in such activities that there is a story to convince you that such atrocities were possible.

There is much regarding the alleged pilots and victims. These are only cover stories. None were truly on the planes that hit the towers. There are many who have conceived stories to make the scene more tragic, believable, and convincing. Know that those in the buildings were truly attacked, but those in the planes—these are not believable stories because they are untrue.

There was no attempt by others to stop these flights because there were no person’s on board to stop them. It was not possible to create a control and inhumanely waste the lives of many on said planes. There are many who perished, but any plane that was used on that day did not succumb to death. There was emptiness. There were no deaths from being a passenger on a plane.

There was not an attempt to subvert these attacks because it was necessary for them to take place, to implement more control within the country and abroad. It is not readily acceptable by you for more specific reasons and means. It is important to know that there are some who are involved in government now, who are plotting similar deeds for the sake of convincing the populace of a looming terrorist threat, and an attack will be blamed and they will be accused of it. There is much done in a domino fashion, the American government seeks to implement control, but they also incite further violence because of the fury held by those who are the alleged attackers, though they’ve done nothing wrong.

There are many who speak against tyranny, and the large populations labeled as terrorists only hold differing views. Much as the world did in the many hundreds of years as this society was building up around the world. It has been the history of man to persecute that which stands out.

It is not merely those societies within the world that the U.S. feels are more controlling that attempt to do this. In every area of the world there are many reasons, there are many people that attempt to stamp out differences. Often times this same act

occurs indirectly because the populations have been molded to believe the popular consensus.

It is important to know that the rights and thoughts of the individual should be maintained after their own critical thinking, and careful evaluation brings them to a specific thought or belief. Standing for your beliefs is crucial and important to many who return many lifetimes over, for simply living life as an idle person and not actively seeking truth of any true nature.

It is important to know that there will be many who come to know the true nature of these attacks, and the true grandeur of the stories and telling of cover stories by government, not just within the United States.

The true nature of many things will die with the last life that was involved in the atrocity; know that more information can be revealed later as more will become acclimated to the possibility of this alternate view, as they see it. It is important to know the truth.

The U.S.A. consumes over 25 percent of the world's oil supply. Our corporate/industrial companies are counting on our dependence on oil. It gives them the excuse they need to perpetuate war on any nation/government for their greater profit margins. War is big business.

The top coalition of global companies is not going to allow America to seek other forms of energy development. Not as long as they control the government and the oil imports.

The oil supply cannot keep pace with the demands of an ever increasing world population. Oil supplies have already hit their peak producing range in most oil producing countries.

By 2025 the oil supply will reach its zenith in oil producing nations. As world production of oil starts to diminish and world demand keeps increasing, global warfare will ensue.

Mayhem and chaos will aid in destroying our modern world society brought on by their greed. How many will survive the transition from an oil based world economy to a non-oil based world economy?

Big corporations are trying to bring about global capitalism to our planet. They seek total control and eventual domination of all old world colonial markets. Thus effectively controlling all nations and governments to some extent.

Capitalism does not function any better than Communism or

Fascism. All those systems bring chaos, disharmony, poverty and death to all who are brought into it, except for the elite.

The world cannot sustain capitalism without cataclysmic results to the populations of the earth. Trying to export capitalism to the global community is a death sentence for all of humankind.

This 'World Order' they seek through their capitalistic control and war machines will reap a death sentence to which few will escape. Those who do will be enslaved to serve the new masters of the earth.

Democracy has become so weakened by corporate/government greed, sooner rather than later the world will see it disappear.

That which will spring up in its place will lead to catastrophic wars and genocide on a large scale.

Stop and think, help put an end to the continuous lies and propaganda that the nations and corporate elite are force feeding their citizens. Stop the constant bombardment day in and day out of all the negative mass media news. Its main design is only to create fear and panic.

It's time the majority woke up and started to use one of the most powerful tools they have, the right to vote! Vote out the corrupt politicians who allow the corporations and powerful lobbyists to buy, control and influence them. Even our right to protest is being curtailed.

Politicians turn against the very individuals they are sworn to protect, the people.

A fearful nation is one where the very foundation of democracy is easily circumvented. Those powerful individuals in the government and the military industrial complex must be brought under control. When big business and government are allowed to conspire together all suffer. At that point not only does justice no longer exist, they destroy the very fabric of which democracy itself was created upon.

They seek wars and incite the people through 'patriotic rhetoric.' Using false mass media news stories and events in order to generate outrageous profits for themselves.

Soldiers are sent to fight in these 'profit wars' under the false pretense of defending national security interests. Defending democracy, our way of life, and freedom.

Our young soldiers come home mentally/emotionally

broken or in black body bags. The death toll of our young men and women increases steadily. At the same time those corporations and industries involved with the military watch their profits soar. Corporate leaders see our young troops as expendable, as long as they keep generating wealth.

We are bombarded on a daily basis with negative news. Their intention and desire to keep us panicked and overwhelmed costs us dearly.

The more fearful the citizens become the more willingly they are to sacrifice their rights and freedom. The citizens are pushed further into poverty and chaos while the corporations grow fat off our stupidity and apathy.

Complacency by the citizens of the world, and most importantly those of America, are allowing the global corporations to destroy democracy. The resulting karmic debt to all those involved and to those nations will be immense indeed.

Mother Earth as she continues to gain momentum in her ascension is aware of the greed that fuels the global corporate elite. She shall use their own materialistic greed to vanquish them and cleanse herself of these destructive individuals.

Mother Earth will unleash the negative energy that the global corporations have created through their overwhelming voracity. That karmic retribution will indeed insight a war of apocalyptic proportions between her and mankind.

Global coalitions in conjunction with corrupt governments are lying to their citizenry. The citizenry may be apathetic and/or indifferent enough to believe the mass media propaganda and lies.

Yet they cannot lie to Mother Earth, or to the Creator of All.

## Chapter 9

***FREE WILL, LIFE LESSONS & SOUL TESTS***

The laws of nature are brought forth by the Supreme Creator of All. In essence they state that all creations upon the earth must adhere to these basic natural laws. These simple laws assist humankind through their flight or fight response and through their reproduction instinctual behaviors.

These basic tools of nature apply equally to all species with the one exception being that of humankind. They must answer to a higher standard due to the law of free will.

Souls, while incarnate, do respond to natural instinct because they are housed inside a physical body. Souls have something the lesser species don't possess, the ability to create on a spiritual level, which then translates into the physical plane.

As you have read in earlier chapters we have free will and it is our right to create. We do this through our powers of mental (thought) activity, whether it is positive or negative in form.

Thoughts do have power and can be used for the good of ourselves, family, society and the world stage around us. But sadly our thoughts can also be used to harm and cause great suffering to ourselves and to others. Free will teaches that we can treat others as we wish to be treated, with love and honesty. Or what we refuse to share will be taken from us through karmic retribution.

Think deeper before using your mental force, especially if you combine it with strong negative emotion (anger, hatred).

If you mentally, emotionally, spiritually and/or physically harm another you are simply harming yourself. For we all share the same spiritual life force and are all subject to the same karmic effects on this plane. What you sow, so must you reap in kind.

A soul cannot use their free will to interfere in another soul's spiritual journey, even if it is deemed a positive intervention. Only when a soul asks for help can another soul render aid thus negating karmic effect.

Free will allows a soul to choose to be in harm's way. Individuals have the right to follow such a negative path if it is of their desire or choice.

You cannot live another soul's lifetime for them, they must live it themselves. We have no right to change or disrupt the path they have decided to follow in this lifetime. If they seek assistance then you may help them.

A soul may choose a lifetime of sickness, handicap and/or disease in order to rid itself of past life karmic debt. You must not interfere with their free will to live such a life.

If you interfere anyway, you may stop them from completing what they chose as their spiritual path to enlightenment, and you invoke karmic retribution upon yourself.

The Creator of All wants his soul companions to use their free will wisely. So that we may bring forth true and positive awareness (consciousness). This will contain the very essence of pure unconditional love and wisdom in our selection of possibilities.

Many souls are destined to cross paths with another soul for the opportunity of learning a specific life lesson. A mutual meeting agreed upon before your physical birth took place. That is not free will but known to us as destiny or that which was preprogrammed to occur.

Destiny brings us to a specific time, place and/or event, and then stops there. It is then up to those souls involved to use their free will which will decide the outcome. Whether the lesson is learned or not to be learned, or simply postponed.

As a soul, before you incarnate, our subconscious is preprogrammed with life events we wish to experience. This is done with the intention of advancing our spiritual awareness.

These life events are destined to play out during that lifetime we chose to live. Once the event unfolds we can experience it as it was programmed to be or we can alter the experience.

The decision is ours and ours alone to make. Spirit companions can offer guidance during these life events but the decision can ultimately be made only by us. For it is our life and our pattern of spiritual growth that will be affected.

Concerning life lessons; soul's journey to this dimension to

experience all the many diverse facets of true unconditional love. Many of these lessons come in the guise of disease/illness, war/genocide, rape/assault, murder/suicide and the list goes on.

Many souls program these types of life lessons to experience what true love is and how to understand it on all levels.

Unconditional love can be learned on a small scale or on a large scale. On a small scale, you might experience love through cancer or heart disease. This not only teaches the individual soul about love of oneself, but draws in family and friends. Thus teaching all involved about unconditional love through loss or the illusion of loss.

On a large scale, many souls freely give their lives to teach love through such events as plane crashes, global disease, genocide to name a few.

Love has no limits when it comes to teaching souls about its true meaning. You have heard it many times before, and it is still as true today as it was over the past millenniums. Fear is simply the absence of love.

Were you to truly comprehend the essence of love, you would never experience fear again. The Creator of All is trying to impart this to each soul; so that they may continue on their journey home to take their rightful place as co-creators.

Tests come in many shapes and forms. To give you an example of a true test of love think about this for a moment before you respond. God loves all his children no matter from what country, culture or race they hail from. All are loved and cherished as his creations and he holds no one above another. All are seen as equal entities in his eyes.

Praying to God to strike down one you consider an enemy is asking God to kill one of his own children. Would you pray to God to kill one of your own cherished children?

No prayer is ever answered by the Creator of All if it involves him being asked to destroy one creation at the behest of another creation. God loves all his children, not just his American children.

Murderers, child molesters, rapists, etc.; do they deserve to be punished for the rest of eternity? Damned to Hell?

If you answered 'yes' you have failed the test of understanding what true unconditional love conveys.

If you truly believe in your heart that God loves ‘you’ more than he loves those spirits of Saddam Hussein or Adolf Hitler, then you need to read your holy book again. For you have truly misunderstood some very important parts, or your holy book was designed as a control measure through organized religion.

Our Creator of All loves those spirits just as much as he loves you! Open your soul to love and forgiveness or you will have to experience many, many lifetimes to learn a simple truth. That we are all connected through the Creator of All to one another.

Try to think on a deeper level and see things through the eyes’ of our loving Creator. There is no right and there is no wrong, replace fear with love. You will see all that happens is for the advancement of all creation.

Most individuals who hate or despise others do so because they don’t love themselves, or they are experiencing karma.

You cannot harm or punish another without harming or punishing yourself. That goes for all of Gods creations (animals, trees, etc.) upon the earth as well.

The time will come when humankind will comprehend what the Creator of All has given to them. The means to experience the spiritual lessons of unconditional love through a physical form.

These lessons come by way of disease manifested through individual and community. By personal and public lessons of war, murder, rape, and the like. By global lessons of hunger, genocide, and the like. The lessons are meant to teach you to rise above such negative energy and see the truth and love behind the actions.

Once we comprehend the true meaning behind these lessons humankind will once again become enlightened. We shall step out of our self imposed darkness into the everlasting light of God. When you truly come to understand that you are eternal and will never cease to exist; then you will understand there is no need for judgment of yourself or of others, for all are one in the same.

Let go of the fear and let unconditional love show you the true path. The path that leads us back into the arms of our dear Creator of All!

## Chapter 10

***OUR CHOICE: LOVE OR FEAR***

The majority of Americans always choose fear; they give up freedom after freedom to secure a little piece of false security. The government and the military establishment have always played upon our personal fear. Bombarding us through their controlled mass media outlets with 'patriotic' propaganda. Doing so to incite the citizens into backing their unscrupulous war agenda.

What was the true reason for the war in Iraq? There were no 'weapons of mass destruction' (WMD) found after the invasion of Iraq. There was no connection between the Iraqis' and the al-Qaeda.

Question: What was the true reason for the war in Iraq?

Answer: Global corporate and government profiteers!

Those who profit from war are America's true enemies.

The American public has been manipulated time and again by their corporate controlled government. The following are just a few examples:

(12-07-1941) Pearl Harbor, the citizens opposed entering into war with Germany and Japan. President Roosevelt (FDR) instigated and then covered up his role in drawing the U.S. into war. FDR new beforehand of the attack on Pearl Harbor and let it happen. Death toll 2,403 at Pearl Harbor.

(11-22-1963) President Kennedy was assassinated by the industrial elite in conjunction with organized crime. Why? Because he did not want America to become involved in Vietnam. War creates wealth for many at the top.

(8-02-1964) Gulf of Tonkin Incident. President Johnson used that fabricated incident to escalate our involvement in Vietnam. Death Toll 58,267.

(9-11-2001) Terrorist attack on Twin Towers, New York City. The Bush administration and high government officials were involved. Americans were behind the attack on America using it as a pretext of invading other countries, so war mongers and profiteers could remain in business and sustain oil

greed. Over 3,000 died.

(9-11-2001) Terrorist attack on the Pentagon. It is important to know that an explosion did occur. We can say at this time that it was an attack from within the building. Figuratively and literally. It was not an outside airplane or missile that caused this destruction. Simply isolated attacks, individually, would have been tragic, but several incidents only add to the chaos and the legitimacy of the story of terror and terrorists, and fundamentalist ideals as the core reason for the attacks taking place.

It was not by any of the means or methods or even men mentioned in reports that these acts were carried out. These were not men who benefited from the attack, the men who carried this out were strong-armed into doing so by higher authorities in the government and those who were blamed were non existent.

(5-02-2011) USA announces Osama Bin Laden had been killed. The Obama administration and top government officials were involved. Osama Bin Laden is alive and was not killed by US Military personnel. There is much being done at this time to divert the attention of the people on the world scene. There must be a measurable result from the acts of violence around the world. If this war is to continue there must be an effort, as the controlling party sees it, to head off any complaint that may appear in the future.

Sharing this information gives them an advance attack, figuratively, on those who may decide to raise their voice should some measurable progress not have been shown. There is no need to worry about Osama Bin Laden, his purpose has been served as the United States sees it, and there will be no purpose for him to enter into the media spotlight again.

His personal effects are being delivered as evidence that he was killed, though there is no proof that these have ever belonged to Osama Bin Laden. There should be patience by all, the truth will be revealed at a later time. This information can be read by all but many will not interpret it correctly.

There is a great warning that should be heeded by those who wish to pursue corrupt power and corrupt control but that message is being ignored. There is only so much push before others will realize that false information has entered the government's mind as an acceptable form of controlling or

‘informing’ the masses, the masses that government should have been elected by in hopes of improving the nation.

There are those in power who seek power and control at any cost. Just as there are wars with bullets there are wars with words. This is their initial attack though there has not been one for some time; this battle with the populations is intensifying. There have been many releases of information that show many governments are not what they appear to be and though this information has not been terribly impactful, it should be heeded that there is more being done to pull the curtain over your eyes than there is to reveal any information. Osama Bin Laden is not dead; this is an attempt to divert your attention.

You, those who watched this announcement and receive it, will be quite pleased with the government and a new faith will be instilled in the government and the president. There is a great push to bring this president back into the white house after this term is finished. This can only be accomplished through the perception in the masses as though he has accomplished much in his time.

Many presidents, through no fault of their own at first, have the best of intentions but simply perpetuate the purpose of the past leaders who simply went along with the mass beliefs in government. Just as there are those that the populations of people go along with—the crowd, the same is true for government, though there are small pockets that seek to gain more power and control.

There is not enough being done to make these changes. Once people have been pushed to an extreme there will be many more that rise up, but there will still be many who attempt to cling to the common view that there is no false information from the news reporters and there is no false information from the government figures. Trust should not merely be obtained through passing of information from one to another because those before you also believed.

All information should be scrutinized and evaluated so that each may form their own opinion and own views. What is true for one is not necessarily true for another because of their progress and development. There is a great deal of information being lost and even more that is being controlled for the sake of manipulation. There is no need to worry, but more should be done to make this come to the light so that more can see it.

More people need to take an active role rather than sitting

passively and merely entertaining the thoughts of voicing their opinion. It is our duty, your duty, to stop this mockery. There is only an illusion of democracy; there is a democracy storefront with a dictatorship in the back room that merely changes figureheads as necessary to show that people can make a change.

Notice how little change has taken place in the last elections, within the last few presidents that the United States has elected there has been little change, no drastic measures taken, only perpetuating the same dogma that each has created before him. There will be a time for change but many people are not coming to it as they should.

Many also sit silently though they do have this knowledge. Proper use of authority should be examined as well as the true necessity of authority in the first place. There should be no giving up of power, in personal relationship or for any other area such was the national view. Where the society is seemingly dependant on the government for things they should be imparting to one another or for themselves without national edict.

There is a pulse coming that will change all of this. Osama Bin Laden was not meant to be involved with the plot of 9/11, this was not his original plan, and he will see this at a later time. He is being used as a target for brutal retaliation and control in an area where none is needed. This is for selfish personal gains by those who are in a clandestine group who control power and disseminate information and control as they see fit.

There is much that is controlled by them; there are not many accidental happenings on the world stage. The wool has been pulled over the eyes of the average citizen many times before and this has the potential to continue for some time. There will be a pulse, they will come to a crossroad, and this will happen, the masses will have an opinion, a change in their reliance's on the group of control. The control will still attempt to establish its dominance over the population but it will be unsuccessful.

They will become as the late night television programs, only speaking to those who are inherently attuned to such information. This era of governing will fall by the side of those it attempts to control. Change, change is not just a slogan; it will be a series of actual events. Learning

impermanence will help those who may feel that their grasp on the world is spiraling drastically out of control, this is merely a cycle.

The equilibrium that appears is merely a falsehood, it shall not be maintained. Go into the night and share with others, at a point when the groups have massed in numbers far greater than you have ever imagined. It will be time to share this information in the light for all to see. There will be a rebellion, a regime change. Through seen and unseen forces, through cataclysms of nature and of man. These will not be stopped. There is only a delay because of those who are coming to this information. There will not be a change in the plans laid out, a delay is all that is taking place, there are many ready for change now but there must be others to aid in this great shift of the world.

There are many who share inklings of this information but each individual does not know the great numbers of others who they also share ideals with. There are many who do not hold mainstream ideas but this is not known because of the media control and the populace and its own ability to shun those who are different. It will take many rising up before a wave of energy is cast upon those who are afraid to share information. Though they may only come to the light because others have led the way they aren't less important. One small step shall begin the journey that ends in giant leaps.

Many times they have manipulated third world countries by displacing democracy with a dictatorship. Someone they could then control to maintain their authority and dominance in the affected area.

Wars generate tremendous wealth for those at the top levels of government and big business.

These ultra-elite groups are systematically taking control behind the scenes. Their agenda is to globalize their power over all nations, including that of the USA. Once they have achieved a dictatorship role in a single global system they will be controlling everything on the planet.

These wars have made billions upon billions for the top elite who live the 'American Dream.' While those of the middle and lower class struggle to survive. The middle class continues to spiral downward in their pursuit of a false dream they will never, ever be able to achieve.

The dream itself was a fabrication of propaganda to ensure

the capitalistic machine would be maintained. The top rungs of society and governmental power perpetuate the false hope to control the masses.

If we used billions and billions of dollars for peace rather than for war, what would be the outcome for humankind? Are we afraid to ask for what belongs to the people? Do we not deserve a government that helps its citizens through love and honesty, instead of deceit and betrayal?

What happens when a citizen questions what actually transpired during 9/11 and the war invasions that followed? The elite government officials simply say it's all just a 'Conspiracy Theory.' The apathetic and indifferent public stops questioning their government officials for fear of being labeled a 'nut case' or 'unpatriotic.' How easily we are duped and manipulated.

The citizens don't question what is printed or broadcast through the mass media. They read the headlines and form their opinions and judgments from that without reading the entire story. Then fail to question what doesn't make sense or seem right to them.

If you wish to know the real truth you must go outside of the American media to the foreign press. Most outside media are still unbiased and are reporting the facts without censorship. But even their governments and corporate leaders are starting to weaken to global pressure.

The only way to defeat terrorism is through education, basic justice for all citizens and a raised standard of living for all nations.

The super-corporations manipulate the military industrial complex through the guise of freedom. They move forward with their plans of a new world order which provides them with wealth, prestige and authority.

How many civil liberties must we give up to insure false security? The Patriot Act has taken a heavy toll already on American citizen's loss of freedom and liberties. How far are we willing to allow the ultra-elite to enslave us using our own fear against us?

How long before the elite collapse the FDIC and Federal Reserve systems to further their cause? Sooner than you think for who will stand in their way?

America is no longer the ethical and moral leader of the free

world as it once was. It is now the main cause of global terrorism. It continues to allow the corporate/industrial/military establishments to run amok. They function without government intervention or control.

The Roman Empire was in decline from immoral and unethical decay through its negative leadership, and then it self-destructed.

The American government is now in decline from immoral and unethical decay through its corporate/military leadership. Are we now on the brink of destruction?

Terrorism brings on war, poverty and environmental decay. What does unconditional love bring to humanity? Think about it, and then answer with your heart and not with your fear!

## Chapter 11

***HEALING OURSELVES***

Concerning an individual, none can receive healing until the soul itself is prepared to accept the healing. No matter how great the healer is, or how strong the healing energy is, nothing will be healed until the soul is willing. This may be due to a karmic lesson the soul is learning/experiencing, etc. This is why some individuals cannot be helped.

Others who have not chosen such a lesson can experience what some might call (wrongly) a miracle healing; healing completely and totally those diseases Western Medicine cannot heal through their conventional methods of prescribing surgery and pills. Western Medicine is always ready to cut into the flesh or trying to control the illness with medications, extending their profit margins throughout the life span of their unsuspecting patients. Mind is the true healer on this plane.

The healing energy that is necessary for human change will be provided here in its simplest forms. In order to understand the two basic methods of healing we will be focusing on self-healing and hands-on-healing. Just know there is no difference in the type of healing used. Often there are other factors that create differing energy creations through various types of healing. But this can have the same impact no matter what modality is selected for healing to begin or what method is used to request it.

More is done through the mind in these areas than what is currently acknowledged. That is not to imply that there is no energy that is being sent or that there is no direct influence when healing is being sent. A large factor in the healing or repair process of any ailment is due in a large part on the mindset that the receiver is currently residing in. If their mind is accepting of the healing energy, the physical will respond. If they doubt, or disbelieve, they themselves block the positive energy flow and thus experience no results.

The following will provide the basic foundation of knowledge for those who are new to energy healing.

Remember using the word 'spiritual' does in no way imply a connection with any organized religion or group thereof. One can be an enlightened spiritual person and have no ties to any church, mosque or synagogue.

There are three main areas that affect health, those being the mind, the physical body, and the soul/spirit. The mind of the individual is the dominant force which controls the body.

Positive thoughts (love, beauty, peace, etc.) help to promote good health. Just as negative thoughts (anger, hatred, jealousy, etc.) promote unfavorable health.

Excessive negative thoughts cause almost half of all physical health problems on this plane of existence. Our thoughts do have the power to create positive and/or negative affects in our physical lives. All true healing comes from within the individual, not from without as western medicine might imply.

What we do to ourselves through good or bad eating habits has a profound effect on our physical body. Through abuse or addiction our bodies also experience negative consequences. For example the misuse of illegal drugs and/or prescription drugs, alcohol, abusive sex, and tobacco products to name a few main ones.

Healing energies can be manifest through many forms; Hands-on, Color, Magnetic, Distance, Crystal, Music, Auric, Spirit, Reiki, and the like.

**SELF HEALING:** Everyone has a companion/guide from the spirit dimension assigned to him/her during their lifetime on earth.

Your companion will not interfere with your life unless you ask for assistance. On rare occasions your spirit companion may intervene in your life plan. Say for example you have not fulfilled your main life lesson(s) during this current incarnation. Someone else's free will is going to cause your death, or you have become ill to the point you are going to die.

In that case your companion in spirit will intervene in your life without you requesting their help. They may deem it necessary to alter things or provide healing energy to stop your death from occurring. That's if it concerns your imminent death.

Otherwise your companion will simply observe your life

without you being aware of it. You have the right to be as sick as you wish.

Should you request help with an illness, work problem or whatever, then your companion shall provide the needed assistance.

One of the things he can assist with is healing energy if you request it. In performing self-healing upon yourself you commence this by sitting or lying down in a comfortable position. This is simply to help relax your physical body and your mind. If possible, limit the light and noise that surrounds you during this healing time.

Mentally call your spirit companion. For example say, "This is (insert your name) and I am calling into the spirit dimension for my companion. Please come forth and place a shield of love, strength and protection around me straight from the Creator. At this time I'm requesting that you please bring forth some healing energy to help me."

State what the healing is for; such as arthritis, or to recover from some type of surgery, or help with some form of disease.

Now if you can reach the afflicted area simply place one or both of your hand(s) over, on or near the area of the problem. If it is an area of the body you are unable to reach then simply sit or lie down and relax.

When you are prepared mentally call upon your companion to bring forth the healing energy you seek. Close your eyes and visualize the affected region or injury site becoming filled with a bright healing light. See the affected area or region of your body becoming complete, healthy and whole again. See any disease in your body being overcome by the healing light. Feel your body being fully restored and energized.

You may decide how often you need to repeat this process, depending upon how much healing you require. You can ask several times a day, once a day, every other day, once a week. Whatever feels right for you as an individual.

Don't give up too soon if you feel nothing is happening. Your physical body needs time to correct itself and to make changes within it. Patience is a hard lesson to learn in the physical dimension.

Now for a warning: When you do get back to a better level of health, you must change the negative pattern that caused the problem. Whether it was brought on by a spiritual lesson, or

by a physical manifestation. If you return to doing the same old stuff that caused you to become diseased or ill, then you may suffer a relapse. You are in charge of your life, and only you can live it!

Remember some diseases or handicaps are placed in your life as a spiritual lesson for your personal growth. The individual chooses those types of lessons and spiritual healing may not have any lasting effect. Because the individual programmed it to appear in their life as a learning experience for the individual and/or for those connected to the person.

So if you seek healing, your spirit companion may not be so quick to intervene until you have understood the lesson you chose to learn.

Until your soul has complied with the natural laws and has learned the lesson you seek, healing in whatever form delivered has little chance of success. Open yourself to the infinite possibilities of change.

**HANDS-ON HEALING:** (This is mainly for those who wish to become energy healers. Those who have a strong desire to be of service to humankind.)

Just remember you never send or give healing to someone who hasn't asked for it. You must allow them the decision of invoking their free will. Some people don't want help or assistance for whatever reason they choose.

Not all healing concerns a person's physical health. Parts of it are about finding out 'why' a certain disease has come to you. Is it a spiritual lesson? What must be experienced or learned before it can be healed or not healed?

Healing energy passes from the spirit dimension to the physical dimension. This is accomplished in the following manner. A spirit being who works through you sends the healing energy into the physical dimension through an instrument. You the healer are that instrument. They can send the energy without using you; it just makes it easier and more intense if they use you as a direct delivery system.

The instrument being in the physical world allows that energy to pass through them into the person requesting the healing.

As the instrument you are the go between that connects the two dimensions. The instrument does not 'heal' anyone. You

simply act as the conduit through which the spirit energy moves from one dimension to another.

You give your permission as an instrument for your spirit companion to transmit the required energy through your body.

Remember not to send any healing energy to whoever is requesting assistance. Allow only your spirit companion to send and deliver through you that energy, or you will cause illness and weakness in your own physical body if you are not shielded properly.

Part of the energy used by your companion, at times, will come from your physical body. Therefore without shielding yourself some of that person's negative energy may recede back into you, thus bringing on illness.

Until you have mastered and perfected your own personal technique of shielding yourself, follow this procedure:

1. After you have met the individual requesting your help and made them comfortable and relaxed close your eyes.
2. Inhale deeply and hold this breath for the count of seven. Then exhale and hold that for a count of seven, this helps to prepare your mind.
3. Now mentally call forth your spirit companion and ask him to place a shield of protection around you straight from the Creator of All.

This shield will protect you from any negative backlash given off by the person you are trying to help. You don't want any of their negative energy to affect you physically or spiritually.

If you are spiritually advanced enough to know where the healing energy is required, then direct yourself to that location of the person's body. Most new healers are not yet that advanced. Simply ask the individual what their complaint or illness is, and then focus your attention to that area of their body. The energy will go to where it is needed most.

You now have a choice of using one of two basic techniques to deliver healing energy. The first is where you physically touch the person seeking the help. The other is where you simply use your hands as an energy generator, and do not physically touch the individual.

Some individuals may feel better if they are touched (feeling the warmth of your hands and even feeling the transfer of energy). Some individuals may not feel comfortable with someone physically touching them. Such as a female who may object to being touched by an unfamiliar male. Always ask first if the person seeking healing minds being touched or not and comply with their wishes.

The following example will show the new healer how to use the two different techniques.

Let's say an individual comes to you complaining of migraine headaches. If he says he doesn't mind being physically touched, then you can sit him in a comfortable straight backed chair.

Standing behind him simply place your right hand on the person's right side of his head just above the middle of the ear. Then place your left hand on the person's left side just above the middle of the other ear.

Now if the individual does not want to be physically touched then simply place your hands in the same position. But this time extend them 2 or 3 inches out from the person's head.

You the instrument are simply generating the same field of energy between your hands whether you touch the individual or not. The energy from your spirit companion will still be delivered through you to the individual seeking help.

There are many ways to apply your hands to different areas of a person's body. Use what is comfortable to you and them. Then the use of your basic common sense is all that is required.

After the placement of your hands close your eyes and mentally call upon your spirit companion to send forth the healing energy. Allow that energy to pass through you penetrating into the body and soul of the person seeking the healing relief.

In your mind visualize, see that person walking in a beautiful field of flowers. Visualize them smiling and in a state of good health. Visualization helps to produce positive results along with the spirit energy that comes through.

Healing comes in many different forms. From someone seeking help with a broken limb to someone seeking help with a certain type of disease.

An individual can be affected by healing on many levels. Such as physically, spiritually, emotionally and/or mentally or

a combination thereof.

Some who seek help may not know what is wrong. Just that they have a feeling of something isn't right. If that is the case simply allow your spirit companion to direct the healing energy to where it is required in their body.

Remember you are not healing any one you are simply the instrument used for delivering the energy. Your companion is the healer and bringer of the spirit force.

Once you begin the healing process remain in contact with the individual for five to fifteen minutes or until you feel the energy has been delivered.

Depending on what the ailment or disease is, you can then suggest how often to provide healing energy. Some may require a healing session only once a week. Others may need it on a daily basis. Some may need only a few visits while others may require several months to address their conditions.

Remember what was stated earlier, not all individuals will respond to healing energy. Those who have chosen to experience a disease or handicap will not respond until the lesson is learned. They themselves programmed that to bring about a spiritual learning event in their life.

The lesson may be for the individual or in conjunction with those around them, even if they no longer remember asking for such a condition.

#### Additional Information:

The following information is provided to assist in understanding the overall picture of the healing process.

Medicine in all its forms has been around for thousands of years. Illness can be overcome and even prevented by the act of positive thinking.

Healing deals with bringing the whole individual (soul, body, and mind) into a positive state of harmony and equilibrium. Curing a physical disease does not ensure bringing the person to a state of wholeness. Where the person feels healthy and complete on all levels of its being.

Free will causes many problems and health conditions that need not occur for the majority of individuals in the physical dimension.

From a physical standpoint germs and bacteria can lay dormant in a person's body (fat cells) for long periods of time. When the person's immune system becomes weakened; stress, anxiety and/or excessive negative thinking (anger, hatred) then allow the dormant germs/bacteria to awaken so to speak.

One of the laws of healing is to earnestly forgive one's self for wrong doing. To forgive all others who have harmed you in any way mentally, physically, spiritually and/or emotionally. If you cannot forgive yourself and others, you only perpetuate the negative karma in yourself. Forgive and live a more joyful existence!

Asking Mother Earth for her forgiveness in earnest will also lead to removing negative karmic debt. We have also built up karmic debt through our abuse of other life forms sharing the planet with us. Send Mother Earth your unconditional love and prayers!

Just know the subconscious is the part of the mind that causes the mental problems people experience in life. The conscious mind never causes trauma or mental difficulties in an individual.

People allow their subconscious mind to become too strong and allow it to take control. The result is then mental problems manifest from within. Think deeper; use your conscious mind to its fullest potential.

All healing comes from within the individual. Your positive thinking creates the entire basis for the physical healing of your body. Remember the soul/mind/body connection.

Never use medicine made from animals or from the experimentation thereof. To do so will incur negative karmic debt you will have to confront later on.

On a spiritual level humankind is to be a guardian for the animal kingdom while incarnate on Mother Earth. We are here in part to assist them with their growth. To protect and to preserve, not to torture or exterminate them from the planet.

Mother Earth understands that major diseases (Cancer, AIDS, Heart problems, Obesity) serve a higher purpose than most individuals realize. They teach not only lessons of love on an individual basis, they teach also on a worldwide level. Those spirit beings on the other side of life would view a disease like Cancer as a true gift to be experienced to its fullest degree.

Disease also assists Mother Earth through depopulation, not only through the human species but through that of the animal kingdom as well.

There is much humankind can do to assist Mother Earth at this time. Be aware of the energy around you and the environment that you create with your thoughts, actions, and energy. This has a greater impact on the whole of man, and the spiritual realm, than what you may realize. There is a great peace that is achieved by working to understand those around you, their reasons, and the world, and its direction.

Daily meditation is a wonderful experience that should be experienced by all and this will help each in the ways that it should, specific to each individual. Share knowledge, share wisdom. There are those that will understand and many more will follow.

Some will only understand when there are more public experiences with it. Some have a herd mentality. There should be a greater understanding by all to delve deeper into news, information, and more. Do not take things at face value. Worry about your world, work to change it. Worry shall be the motivation. When there is fear that something is drastically changing beyond control this will cause many to change their view and create peace in their environment. Work to create change and realize that resistance will first be expected but that there will come a time when the common practice is much different than what it is now. Some will not be concerned and this is not for them. When they become the minority there is no reason to scoff at them or return the negative energy in which they shared it onto your beliefs. Be patience. Work for understanding and life lessons that are universal to all beings.

## Chapter 12

***ABORTION, CRIB DEATH & SUICIDE REVISITED***

Those who are for abortion (pro-choice) have the complete backing and understanding of the Creator of All. Those who are against abortion (pro-life) have the complete understanding and backing of the Creator of All. Abortion is a great lesson to be learned on this plane of existence. There should be acceptance of this practice though the goal should be to overcome the fear associated with it by those who are wishing to carry it out. Overcome the worry, fear and selfishness.

Understand that no matter how neglected a child may be, the lesson may be for that child to experience. The lesson can be for themselves, and for others, this can be a great experience. Learning compassion is never easy.

God wants all his creations (souls) to have their chance at fulfilling their destiny. The Creator of All understands when and why we choose abortion.

He takes into consideration that individual's personal reasons; state of mind at the time, and the circumstances that are occurring in that individual's life. Through the use of free will he allows them to exercise their decision as it pertains to their life pattern.

Now let's return to the question of when does life begin? The new soul waiting to be born can enter the baby's body:

1. Before the birth (anytime between conception up to the time of delivery).
2. During the birth time (while delivery is occurring).
3. On rare occasions just after the birth (just seconds or a few minutes).

It's up to the new soul concerning its arrival. Some new souls early on wish to remain outside the mother's body for a time before entering the body of the baby.

Doing this to influence the mother concerning nutrition, health habits, and whatever it deems necessary. It forms a stronger bond to bring them closer in harmony before the birth moment arrives.

There is great debate between those who are pro-life and those who are pro-choice.

The question of 'When does life begin?' can now be answered from the viewpoint of the Creator of All. Life begins when the soul entity enters the baby's body, which as stated earlier is entirely up to the soul entity itself.

The physical body of the baby is merely an empty vessel, supported entirely by the umbilical cord connecting it to the mother's body. If not connected to the mother the baby's body cannot sustain life on its own and it would perish. It cannot sustain life on its own until the soul moves in and gives it life.

To put it more bluntly, the Mother who requests an abortion and the Doctor who performs it are not breaking any laws of God the Great Creator.

Once humankind reaches a higher spiritual level they will realize God's laws are everlasting and unchanging. Mankind on the other hand keeps changing its laws one day for something and the next it is against it.

Abortion will remain a controversial subject until all individuals can become truly enlightened. Once mankind no longer accepts organized religions fear based misconceptions, it will have clarity about God's truth.

Then each individual will be free to choose how they progress spiritually, without the negative judgment of their fellow man. Judge not, least ye be judged!

#### CRIB DEATH: (Sudden Infant Death Syndrome)

Here is a brief spiritual explanation for S.I.D.S. as this occurrence is known. After the mother has given birth to her new baby, for the first two years of life the new soul has a decision to make. It can stay and live out that life it planned or it can simply leave.

The soul has free will to pull itself out of the new physical form and return to the spirit dimension. If it chooses, for whatever reason to leave, once it has vacated the tiny body, the baby's shell simply dies. With no soul force inside the infant's

body it stops functioning and shuts down. So if there is no medical reason for an infant's death, the soul itself left for reasons only known to it.

Here are a few examples of why a new soul may decide to leave:

Take Spirit-A to start with. Spirit-A planned his lifetime to where he would live to be seventy years old and then die and return to the spirit dimension. So Spirit-A was incarnated into a human body and lived to be seventy. Let's say he died three months earlier than his full seventy year period he planned on living due to being over-medicated by his physician. He was in great pain, the doctor gave him stronger medication and it stopped his heart three months before he was programmed to die.

Spirit-A in desiring to fulfill that human experience of seventy full and complete years—of which he was cheated out of three months—could be reborn into another incarnation and live three months as a newborn baby and then abort that life and return to the spirit dimension. Then that would have satisfied Spirit-A's programmed seventy year period to where he would feel as though he had achieved what he had set out to accomplish.

Another reason would be a new spirit being born into a physical body and then discovering that its new form has a medical condition or defect that did not program for its personal growth. If the spirit feels that the medical defect or condition is too much for it to deal with, it simply leaves the tiny body. Other spirits faced with the same decision may choose to remain and see its limitations as a challenge. But it is up to the new spirit to stay or leave.

Another reason would be certain new spirits who incarnate seek out certain parents it feels it will be in harmony with in order to achieve its main growth pattern. It needs the family connection and support in order to complete its lessons. If the spirit is born and then discovers the parents are no longer in harmony with each other; such as bickering and fighting over the cost and burden they now face in raising an infant, the new spirit needing a harmonious set of parents then aborts that life

in search of parents that can help it achieve its goals.

Other spirits choose parents that it knows are not going to stay together, will separate or divorce because it does not need the family structure to learn its lessons so it will move away from those parents as soon as it is able to do so as it grows to maturity.

## SUICIDE:

Suicide is no different an exit from this dimension, then is any other manner of death. Suicide is a physical action manifested from the thoughts and stress that persist on one's mind. These can be overcome, and if not, there are many counseling sessions and advisements when that spirit returns home so that they can understand what torment they felt they were experiencing.

Often times this is a young soul, not many human life experiences, and this is something they must overcome in order to continue learning in the lifetimes of humans. This is no more or less negative or positive than any other action taken on the earth plane. Trial and error, education does not always come quickly, learning by doing. Living the life is how we come to understand and know it.

Self-inflicted death only returns you home, but know that you will incarnate again into a human form, once information has been passed to you so that you can again experience those same conditions and allow yourself to grow. You choose these things in your path. You can overcome them. There is no cheating and giving of more information in an attempt to stave off return.

There are some ideas and knowledge that is in harmony with all beings that are not completely engulfed in nonsensical ideas on the physical plane. Those who have greater information of spirit or those who involved themselves in it may also see it as a tool for overcoming what they fear are overwhelming circumstances. Which are only situations to provide a specific circumstance for that soul's development and to experience that certain set of situations.

Suicide can also be a lesson for those spirits close to that particular entity. This is a lesson in understanding and helping

them to cope. As parents, they have had direct contribution to the circumstances now presenting in a suicidal person's mind. They, as a group, must overcome these things and restore love.

Though it is quite possible that the soul in question overcome these things alone and learn to leave without a certain support system, for we in human form are only responsible for our own development. We can help others, but no one can make you come along the trail.

There is a loss experienced when a life is taken by one's own control and that experience can be for those left in the workings of that lifetime. There are many possibilities where watchers and teachers and observers can intervene. But if a soul is so traumatized that it cannot continue and is not adjusting to the human form or its experiences, then it will be permitted and lessons in which that spirit may have brought lessons to others will still take place but by other means.

#### TEENAGE SUICIDE:

Juvenile problems that cause suicide are no less important or traumatic than those causes which adults may experience. The overall problem is lack of understanding of this entrapment in a human form for learning, because of the forgetting of one's true existence.

The medical establishment has many explanations concerning juvenile suicide so let us give an example of a spiritual reason for teenage suicide. When a person dies, returns to the spirit dimension, no matter at what age they may be at the time of their death, they are allowed to regress in appearance back to the time when they were most vibrant while in the physical form.

Say for example if your most vibrant time was at age nineteen, and you choose to live to be eighty-eight when you died; when you return to the spirit dimension you can regress in appearance back to how you looked at age nineteen, your most vibrant in that life. Just know not everyone has their most vibrant time in their teens. Some attain it in their twenties, or thirties, or forties, etc.

Suicide then, for some, but not all juveniles happens when during the emotionally and mentally confusing period of their youth; their subconscious mind is aware that this is going to be their most vibrant time for that life. In their confused state of

mind they may think this is the highest point they will ever achieve in life and can go no higher because of the feeling the subconscious mind is relaying to the confused conscious mind. They then commit suicide trying to comply with their subconscious thoughts that they have attained their goals in life and are ready to depart for the spirit dimension; even though their blueprint called for them, for example, to live to be ninety-one before passing away.

For some, this is a lesson they are trying to overcome; that urge to commit suicide, life after life may be a pattern they have been trying to break free of. Many new spirits who have trouble adapting to a physical form go through this same pattern until they can adjust to this lower density planet.

## Chapter 13

***MULTI-CONSCIOUSNESS***

In our physical form we are limited by our ability to experience only five senses; see, hear, taste, touch and smell. Those have a direct correlation to our conscious and sub-conscious minds.

The conscious mind gathers information from the five senses and stores it in the sub-conscious mind to be recalled as needed. Along with all the other information already programmed and stored in our sub-conscious.

That which you think using your conscious mind is brought forth into being by your sub-conscious mind.

The super-conscious mind is linked with the infinite spiritual intelligence of the Creator of All. The super-conscious mind is connected to the physical body. That connection is by way of the sub-conscious mind, via that of the conscious mind. In effect the sub-conscious acts to allow transference from one conscious dimension (physical) to another dimension (spirit) and vice versa.

On the physical level all life is consciously linked together. That is to say not only is humankind connected consciously to each other, we are linked to the animal, mineral and vegetable kingdoms as well. We are also connected to Mother Earth and the infinite cosmos, the universe.

One only has to start ascending to a higher vibrational level to begin tuning into this expanded awareness of consciousness. Thus we can access the knowledge of our oneness with all creations in the vast universe.

The wisdom contained therein comes from the past, present and future combined. Mankind's linear timeline must operate within the dimensional confines of this planets time and space continuum.

The Creator of All exists as a multitude of interweaving conscious thought patterns which are ever expanding into infinity. By creating 'individual' thought patterns (souls) the Creator gave birth to like companions.

These souls were pure conscious thought forms (energy)

made in the image of their creator. As they started to expand their knowledge they began to create. They began moving in and out of different dimensional levels of consciousness at will.

These souls decided it wasn't enough to just study and experience that which they had created. Through conscious thought they made the fateful choice to 'become' the creation itself.

Once they entered into the physical realm they then became separated from the spirit energy (consciousness) which connects them to the Creator of All.

Souls who were not involved in this type of creating, stepped in to help free those souls who were now consciously trapped inside of their own creations.

Using the cycles of reincarnation thus provided a way out for those trapped souls. If you inhabit a physical body you are one who is trapped and working your way back to the understanding of your true origin.

Some are doing an excellent job of becoming spiritually enlightened in their progression toward ascension. Where they will break free of the need to keep reincarnating back to Mother Earth, and similar other planets and dimensions.

Others however have a long road ahead of them as they struggle to stay on their chosen path. They are still losing more ground than they are attaining at times.

Yet we are all connected one to the other because we are all part of the Creator of All. Therefore no soul is left behind; for how can you join with the Creator if a part of you is missing.

The multi-consciousness of humankind is undergoing a great spiritual enlightenment alongside that of Mother Earth.

The opportunity is there for those who choose the truth of fulfilling their true destiny, in seeking to once again reunite with their Creator.

Cast aside and grow beyond your ego mentality of consumerism. Allow yourself to experience the real you, that inner part which seeks to assist humanity and live spiritually in the consciousness of God.

## Chapter 14

***DYNAMICS OF PURE THOUGHT***

When you think and produce thoughts, whether negative or positive, you are creating them using spiritual laws. These are in conjunction with physical laws which operate while you are incarnate on Mother Earth.

Thoughts move throughout the cosmos and are not contained or hindered by solid matter. They are stored in the Akashic consciousness of the Creator of All.

Whatever your thoughts concern, the more you dwell on them the more power you give to them. If you add strong emotional energy (love or hate) they grow even more profound in their essence and can be brought forth into physical reality.

Changing your thoughts in a positive direction (love) can bring about spectacular results in your life. Affecting both your physical life and that of your spiritual enlightenment as well. Dwelling on negative thoughts (hatred, anger, etc.) brings on turmoil and chaos into your physical and spiritual life.

Your individual thought patterns have created the very life you are currently experiencing. Whatever life you are living now, positive or negative, you are the sole creator of that existence. Using your own pure thought patterns you brought forth this life, remember the law of attraction.

You cannot blame others in your life for the misfortunes that have befallen you. Karmic debt may be involved and may be the karma you carried from another lifetime of which you, and only you, were the creator of it then as now.

Change your thoughts and you change your life path. It's up to you; no one can do it for you, stop being so afraid of change.

Spirit energy is never destroyed; it can be transformed into many things on many levels of consciousness. But never will it perish or fade away.

Gather your thoughts, narrow them into a positive goal, then focus and visualize them in your mind. Combine them with positive emotion and transform them into physical reality.

That is the basic scope of your ability to co-create in the human form within the confines of pure consciousness.

***REMOVING RELIGION FROM THE EQUATION***

The old organized religions of today are standing in the way of humankind's spiritual evolution. Religions which once served the people have failed to keep pace with an ever changing world.

They once gave service and provided the people with God's spiritual direction. Now they have tried to replace God's will with their will and their control.

Obey our religious authority, believe what we tell you to believe or be forever damned to the eternal fires of Hell. The past and present have shown the world what their religions were all about. Those who did not conform to their belief were subjected to; holy wars, bloodshed, torture, rape, and large scale genocide, all in the name of God.

Families, communities, and nations have been turned against each other through organized religions interference. They have been seeking to exercise their power over the world for centuries.

The stronger organized religions have become over the ages the more the people of the world have been enslaved and slaughtered. Believe what our holy book says or die by our hands or by the hands of our God.

The bible is a collection of stories that may be considered fables or moral stories. Some were based on actual events while others were simply handed down word of mouth as lessons for those who needed the symbolism. There are many sections that were originally written by those with spirit communication and even sections that were given to this planet by other beings from other planets and other beings of light.

There has been much work to control this book and use it for selfish purposes. Realizing this will remove the controlling hold it has over an individual or a group of people who are following this book as though it were an inflexible document and all binding.

There was much done to it to change it from its original format which was intended to be a symbolic guidebook and positive reference for the people of that time period. There are

many who included Jesus because they knew of his power though the threat was added of his return to further ensure that a proper behavior was had from subordinates.

There are many true stories in the bible of healing, positive affirmations, and other spirit phenomena. This book allows those who need greater instruction to know that there is a peace far greater than what they presently know. Though this book is used as such it was not intended to divide and should be used to unite. Reading it as you would any other book is the way for those who seek guidance. It is unimportant to sprout a new ritual for reading and following it.

There is much that is unimportant in the bible but the basic tenants of life and kindness to, from, and between mankind are wrapped onto the pages. Each shall have their own view of the world, but the bible may be a basic building block just as many other stories serve the purpose of learning basic concepts such as kindness, love, and forgiveness.

There is no wrathful god to cower down to as this was also added by those who sought control. Many, when writing various stories that later became this collection, also created more elaborate stories to create an interesting story, from their point of view, while others were simply attempting to show the gravity of the situation. This book was to give purpose and direction to those who were wandering aimlessly. It is still useful if those sections which are glaringly untrue to you are ignored.

Many on certain levels will feel a specific phrase vibrate or resonate with them; these sections are true for them. Inclusion and love is what should be taken from the bible, not many reasons for exclusion and persecution, this was never the original purpose or intention.

The Creator of All has provided humankind with eternal natural laws that aid us in our search for spiritual truth. Religions of the world have taken control of these eternal natural truths to dominate the poor and uneducated masses.

They judge and condemn others while telling their followers not to judge. They insight them to bloodshed when others refuse to conform or submit to their religious authority.

Religions of the world are built upon foundations where falsification, superstitions and fear prevail. Those foundations

have provided them with power and control over the common man. They said they want to lead us to God but they paved the golden streets with blood, death, chaos and destruction.

Only you can know what you require for your spiritual advancement. You chose this life for your personal development with the blessing of the Creator of All.

By freeing yourself from the mind and emotional control exercised over you by organized religion, you come to the realization you are in charge of your spiritual destiny.

Break free of the religious corruption that now enslaves your mind, body and soul and return to the Creator of All. Let him guide you back to where you once again are his co-creator, his loving companion.

Religious doctrines force their will upon the unsuspecting people. Telling them they need priests/churches, rabbis/synagogues, clerics/mosques, and the like.

What they fail and refuse to tell the people is the simple truth. Through seeking within, they can experience unconditional love and the truths of the Supreme Being. For God is inside each person and receives us from there. He is not in some holy place or building they assign a religious name to.

The Creator needs no religious personage to communicate through in order to make his truths known to us. You have the inner ability to speak directly with your Creator and his Angels. Communication presents itself through relearning the natural ability(s) mankind has forgotten over the centuries.

The time has come to remove religion from the equation. Humankind must be shown the true path to salvation. If you harm another you are harming yourself for we are all from the same source.

Free your children from a life of spiritual slavery by allowing them to explore their world. Educate your children in these basic spiritual truths:

1. Teach them to live a moral life.
2. To help those who have less.
3. To be of service to others in need.
4. To work for the higher good of humanity.
5. And above all to love all life unconditionally.

Teach them the simple rules that have been passed down to

mankind throughout the ages; 'Do unto others as you would have them do unto you' and 'Judge not, lest ye be judged.' This was given to mankind long before Jesus walked the Earth.

Even now we still refuse to follow these simple rules because of organized religions fear based hold over us.

Do you truly believe the more power and wealth you have the more the Creator of All will love you? He cares not about how much you have amassed materially. He cares about how much you helped his children to grow spiritually, and whether you have learned the lessons of unconditional love and truth. What you have done with your life to be of service to your fellow man and woman is where his concern lies.

These are the things we came to learn that make us worthy of our Creators grace and love. How many of these have you mastered in this lifetime?

## Chapter 16

***CAPITALIS: SEVER THE HEAD***

The misconception in the Bible that the Creator of All condones ‘an eye for an eye’ has caused many to support capital punishment (death penalty). The Bible was meant to be taken symbolically, not literally. The punishments forthcoming are to be dealt with by karmic justice, not by mankind’s fallible justice system.

The karmic debt for those who participate in state, federal and/or military judicial executions is very negative indeed. Especially for the executioner, and all others involved in the death sentence process.

It is one thing to pronounce judgment against an individual, and sentence him/her to life in prison without the possibility of parole. It is totally another matter to pronounce judgment against an individual and give them the penalty of death!

Only the Creator of All can mete out such a sentence and he refuses to do so because he loves all his children (souls). He allows them the chance to change what is in their hearts and minds while still in the human form.

Time in prison itself can transform even the most lost and hardened soul. Time itself can provide them with the free will choice to transcend hatred. Turning it into love and understanding of oneself, and of their fellow man. But a sentence of death stops the process of inner reflection and enlightenment. It stalls the spiritual growth of all humanity.

There are five basic reasons NOT to employ the death penalty:

1. Innocent Lives; during the last 38 year period over 200 innocent people were wrongfully convicted to death row and later released. How many others were executed before the real truth could be found?
2. Not a Deterrent; all states that do not sponsor capital punishment have the same average or even

lower than average homicide rates than do the states with capital punishment statutes. Life in prison is equally, if not more effective than a death sentence.

3. Minorities/Poor; racism and bigotry bias plays a major role in deciding who is charged/sentenced in death penalty cases. Especially if the victim was White and the defendant was African American/Hispanic.
4. Cost; the monetary expenditure to try, convict, sentence, appeals process and maintain an individual on death row is astronomically costly. As opposed to trying, convicting, sentencing and maintaining a person in prison for life. The money saved by life imprisonment sentences, rather than that of a death sentence, could be used for real reform and rehabilitation.
5. Human Rights Violation; over 68 percent of all the nations now on planet earth have abolished the death penalty. This is due to international standards on human rights. America is one of the top five nations still executing their citizens along with China and Iran.

Think long and hard before you condemn an individual to death. Do you truly think a loving and divine God would want YOU to destroy a life HE created?

## Chapter 17

***SOUL ASCENSION***

Ascension simply describes the journey a soul undertakes after it has mastered all there is to experience in a particular dimension. Then it is prepared to evolve to the next higher level of consciousness, moving another step closer to the Supreme Creator of All.

Soul consciousness comes in a variety of forms. All the creations living upon Mother Earth have varying degrees of spirit awareness. Included also are the planets, moons, stars, comets, galaxies, universes, and the like. They each contain spirit awareness, yet they do not have the ability to co-create as we do.

We are unique ‘souls’ for we were created in the image of the Creator of All and given free will and the ability to be co-creators in our own right.

This universe we now occupy and all that lies within has reached its zenith. It no longer can grow in its current consciousness. It has begun evolving to the next higher level of awareness for its evolutionary journey.

In order to fulfill its destiny it must continue to expand from the original foundation it was created from.

What we are now concerned with is Mother Earth, and those souls in human form, who are actively working on their spiritual ascension.

As the enlightened warriors keep incarnating into physicality, they bring with them new abilities for the human forms they inhabit. These abilities will help the human form to keep pace with Mother Earth’s evolutionary process.

Many are awakening to the changes within their physical bodies. They feel the vibrational forces speeding up and vibrating at a faster rate. They too can manifest new abilities during this transitional phase if they so choose.

We’ve already noted some of the abilities these new incarnating souls will be manifesting in earlier chapters.

Basically the same mediumistic abilities Jesus used while

incarnate upon Mother Earth. Those abilities consisted of levitation, healing, and clairvoyance among others.

No miracles, just abilities mankind gave up for materialistic desires, yet they are being reintroduced once again. You can manifest some or all of these abilities if you apply yourself. Read on to learn how.

***NO HEAVEN? THEN WHERE'S PARADISE?***

There was a time when the human race did not exist and there were only energy beings. A division of energy much as your systems delegate power with each being responsible for a tiny part of the greater picture. And each energy being overseeing a few more to uplift and bring forth a knowing and experiencing to regain control of one's own mind and spirit, away from things that we do not yet understand at this time.

We are all part of a greater being. This being allows us to share energy and information and allows experiences to be shared. Just as germs assist a body they can hurt it. As we progress, so does the Creator, the Supreme Being from which all energy and life flows. Love is eternal in energy form.

The enlightened soul inhabiting a physical body and living on Mother Earth knows there is no such place as Heaven or Hell. Only in the organized religions of the world do you find such references. They are by design used to control the uneducated, poor and superstitious populations around the globe.

Once our soul has learned and/or experienced what it came to accomplish or failed to accomplish, it discards the physical body. We simply arrive back in the spirit dimension and take on an ethereal body similar to the one we used on earth.

Except this ethereal form has no defects and displays itself in perfection and suffers no ill effects of the aging process. This form is required in the spirit dimension just as a physical form is required on earth.

The ethereal form does not require food, drink, or air to breathe unlike that of the human form. The ethereal covering does contain emotions, but not on the lower animalistic level as experienced by the human form.

Individuals on earth cover the full spectrum from the brightest/smartest people on the high end of the scale, to those who are absolute idiots/morons on the lower end of the scale.

Whereas those souls who dwell in the spirit dimension are separated. They live in one of the seven major zones of

consciousness with other souls who are on their spiritual level. These zones are based on how enlightened or spiritually advanced a soul has become. Like attracts like.

Each major zone and sub-zones are vibrating and spinning at a higher frequency as you ascend through them.

Each of these seven major zones contains what we will refer to as seven sub-zones. Based on how you lived out your last incarnation (positive or negative); you will reside in one of the seven sub-zones of one of the seven major zones.

To give you a better understanding let's say for example, that a soul who was living in the spirit dimension on the 5<sup>th</sup> sub-zone of the 3<sup>rd</sup> major zone incarnated to earth as a female.

She lived a full life and finished up her incarnation that lasted ninety-five years. She died; her soul left the physical body and crossed over to the spirit dimension.

During that incarnation that soul had experienced most of the lessons it had chosen to learn. That life was positive and the soul advanced spiritually through the helping others and humanity.

That soul now advances to the next level of consciousness that it has earned. The soul moves from the 5<sup>th</sup> sub-zone to the 6<sup>th</sup> sub-zone of the 3<sup>rd</sup> major zone.

What if that lifetime had been mainly negative? Upon returning to the spirit dimension, that soul would have been sent to live on a lower sub-zone. Such as that of the 2<sup>nd</sup> sub-zone of the 3<sup>rd</sup> major zone.

It would then take many more incarnations to regain the ground it had lost so it could keep advancing spiritually.

Major zones one and two are for those souls who have created for themselves great negative karmic debt. Those who caused great harm while in the physical form.

They place themselves there after reviewing the severe negative lifetime they just left.

God does not judge them; they have the free will to decide their actions they took while in the human form. Once they leave the human form they see clearly how they interacted with others. Therefore, with the assistance of higher beings, they make the decision as to where they end up.

Each major zone contains seven sub-zones. For example major zone number four has seven sub-zones in it. Once you have advanced from sub-zone number one, all the way through

to sub-zone number seven, you then advance to major zone number five.

You must advance through those seven sub-zones of major zone number five to advance to the next major zone of number six and so on.

Once you reach the seventh sub-zone of the seventh major zone you are spiritually enlightened and have mastered all that is contained therein.

Now you are ready to ascend to the next consciousness of which you will no longer require an ethereal form. You would be seen as pure light, pure energy, and would no longer be bound by the seven major zones of consciousness in this dimension.

You would be back on the level of co-creator, and be aware of your pure companion status with the Supreme Creator of All.

For your further understating; each individual universe or dimension has its own Creator. Each area of planetary living has been located in such an area that each domain is watched over, tended to, and life and energy brought forth into it by a Creator for that specific realm of existence.

This is not to say that there cannot be more than one entity infusing power, and direction into the life and plane of existence. But there is only one single being that is responsible for its ultimate direction no matter what other entities, or life forms may inhabit it, or cross from other dimensions to assist with that dimension's existence.

There is one Lord, or God, or Supreme Being that then observes these Creators and can assist them. This is much the same way that many groups of people delegate power to accomplish a common good. No one person on your plane can watch a massive area, or oversee the production of a very complex event or complex item. This is the same for existence as you know it. There are many assigned to watch over your area, there is only one to direct, and become responsible for its driving purpose, its mission, but then there is the Supreme Being which is then responsible for all life and all dimensions.

## Chapter 19

***PATHWAY TO ASCENSION***

Through the evolving human form we can manipulate our soul advancement. This is accomplished by way of bringing to the forefront our innate mediumistic abilities. These abilities are brought forth through the use of a standard meditation technique.

The following instruction will give the necessary foundation for an individual to start on the pathway to their ascension journey.

First let us discuss some basic information for those who are new to meditation. We can then discuss what abilities can be manifest through the practice of meditation.

As one opens themselves to meditation they can easily transcend from one inter-dimensional consciousness to another. Thus making contact with those soul beings that are eager to assist with the soul ascension of those still in the human form.

The majority who begin meditation in earnest will progress smoothly through it. While there will be a minority who will have some difficulty at first, yet if they persevere, they too will be able to progress spiritually.

One must truly desire to advance their soul through meditation in order to develop their ability. They must be strong willed enough to stay focused, and be committed to finishing what they have started.

As one becomes aware of the seven zones of consciousness, one will then become aware through meditation of the seven centers of enlightenment. Those spiritual centers being called by many the chakras.

Through meditation you can open these centers, giving them new life. Here is the basic information on how to meditate, and form a secure foundation to start your spiritual journey.

Meditation will bring forth your ability(s) which will manifest themselves as mediumistic and/or psychic in form and

nature if that is your true desire. Those same abilities used by Jesus some two thousand years ago.

Those who are of a good and pure heart will do best in this endeavor. Service to your fellow man/woman/nature is what the Creator of All seeks from all his soul creations.

In the spirit dimension there are those beings that maintain contact with the physical dimension. They seek out those who actively desire to grow spiritually.

Once you demonstrate your willingness, a group of like minded beings will come together to start the necessary process of reworking your physical body. At that point they will decide on what would be the best type of mediumship suited to you as an individual.

Those who gather around you have been known by many names throughout history. We shall use the basic names they have been called by in the past 300 year period.

This group will consist of a Master Teacher, a Spirit Doctor (Angel), a Chemist (another Spirit Doctor), Gatekeeper (Messenger), Health Guide, and a North American Native Indian. Others will come and go as needed depending on what type of ability(s) you manifest through your meditational development.

For a better understanding let us give a brief definition of each member of a typical group and what their primary functions are:

1. Master Teacher: This is the most advanced enlightened entity that oversees your human life, and those assigned to help you. From the point of spiritual awareness he is the highest evolved soul entity involved in your life. He observes and watches over the others from time to time, and makes any necessary corrections as the others assist you. When you reach the point of death, he has the final say as to whether you stay on earth, or you are allowed to cross over to the spirit dimension. If he determines you have progressed as far as you can, then he will instruct your Spirit Doctor to return your soul to the spirit dimension. If you still have work and/or lessons to accomplish, then your soul will not be allowed to leave the human body it occupies. Your

spirit group will then try to assist you in completing your chosen lessons.

2. Spirit Doctor (Angel): He is the main spirit being who oversees that life you are now living. He and the other spirit helpers will assist you as you go through this life you programmed. You have free will up to a point. Your Angel, with help from your other guides, will try and help you accomplish your goals. Your Angel will supervise how and when the others will interact with you.
3. Chemist: He deals mainly with the chemical make-up of your physical body. As you progress toward developing your mediumship potential, it is his primary function to keep your body chemically balanced. Such as adding and/or subtracting certain chemicals. Chemicals needed in your body to sustain the desired effects of your ability(s).
4. Health Guide: She deals with such things as basic nutrition, sleep and exercise. She assists the others in your group with the development they have chosen for you. She offers advice on what foods are necessary to fortify your body. She advises on what is needed in conjunction with the chemicals that are being introduced to your physical system.
5. Gatekeeper: She allows other spirit beings who are not a part of your inner group to use you for communication. She allows this communication from them only if they present no danger to you. Otherwise she stops them from interfering or using you in any negative way. They are not allowed near you during the time of communication between the physical and spiritual dimensions. Your gatekeeper and the others take turns mentally staying in tune with you. Just in case you mentally ask for guidance, healing or whatever, and they perform that task for you.
6. North American Native Indian: His task is to build and supply the needed power/energy necessary to produce

healing and/or physical phenomena. This depending on what you are manifesting with your meditational development. North American Indians were masters of natural/spiritual laws, and understood how these laws operated. In the spirit dimension many have agreed to assist those in the human form with their development.

Let us now define the mental and physical abilities we have been referring to throughout this book. Those basic abilities used by many mediums and those used by Jesus. They are broken down into two main categories; that of Mental and that of Physical abilities.

You may check into other sources for more in-depth information on these, and other mental/physical areas of interest.

Here is a brief description of each category:

**Mental Development:** In mental development the conscious mind plays the major role. Clairvoyance and clairsaudience are just a couple of abilities we will use for example. Clairvoyance (to see) is where spirit beings thought impressions are registered on your mind. These thoughts come through as a vision, symbol or impression, or a combination thereof. Clairaudience (to hear) is where the auditory information coming from a spirit being is received by the individual as a voice they hear inside their head.

**Physical Development:** In physical development the unconscious mind plays the major role. Direct voice, materialization, and levitation are just a few abilities that can be produced by physical phenomena. In physical development a spirit being will use energy from the individual to produce the desired effect. Ectoplasm is a sticky substance which is sensitive to light at the present time, and is drawn from a developed individual's physical body. Ectoplasm can be visible or invisible to the human eye. The spirit being will draw out the ectoplasm material from the developed individual physical body. It will then be used to cover parts, or even all of a spirit's body, so that it may be viewed by those in the human form. In the very near future, ectoplasm will be used in the light; this will be brought into the physical world. Many are

developing this or returning to it now.

Another aspect of development is one in which an individual can place themselves in a Trance State. There are seven levels of trance an individual may experience, from a light trance to total control of an individual.

A spirit being may come into total harmony with the vibration of an individual's brain pattern. At that juncture the spirit being can completely control, with the person's permission, the individual's body while in the 7<sup>th</sup> level of deep trance.

At that level it gives the spirit being control of speech, and all other main faculties of the individual. That in turn allows the spirit being to communicate directly with those who present.

Just note; at no time does the individual's soul during deep trance leave its physical body.

Meditation is the key to attuning yourself to your spirit group's vibrational pattern. Here is the basic set of instructions to get you started on your inner journey:

1. Start with a basic chair which has a straight back to it. Center it in the middle of the room or thereabouts. (Later on when you're more advanced, you may sit in a more comfortable chair, or lay on a bed as long as you remain awake.) Place your feet flat on the floor, legs uncrossed. Rest the palms of your hands on your thighs, arms uncrossed. Wear comfortable, loose fitting clothes.
2. The room you choose should be quiet, and the lighting should be low. Begin sitting in near darkness to help shut out the external stimuli to help quiet the mind. If you have trouble clearing your mind play some soft meditative music. Concentrate on that until you have more mental control. You may also do a breathing technique to help relax. Breathe in through the nose, and hold for a count of seven. Then breathe out through the mouth, and hold for a count of seven. Repeat this for a total of seven times. As your ability advances, you can start increasing the level of light, to where you will be sitting in a normal

well lit room.

3. To begin your development say out loud a prayer, or invocation of your choosing. You may use the Lord's Prayer or you may use this invocation; "Creator of All please bring forth the positive energies to join with me for this development. Let your pure white light surround me and protect me. Thank you dear Creator." Next call to your spirit group or Spirit Doctor out loud. Ask them to come and join you for this development. Saying it out loud allows your spirit group to turn your voice vibration into energy. This energy can then be used to assist them in lowering their higher vibration to meet yours.
4. Now close your eyes and begin your meditation. Start by meditating 15 to 30 minutes. More if you feel comfortable with it but don't overdo it (see the 'Warning' section). Do what feels right for you. No two people progress at the same rate. Some individuals can meditate every day; others may choose only once a week or three times a week. Be punctual for the starting time. For example if you plan to meditate on Monday, Wednesday and Friday at 2pm. Then be punctual for the 2pm starting time. If you pick random times, not all of your spirit group may come to work with you. If you are there on the same days and times you choose, then they too will be there. Don't rush your development. Things in the physical dimension take time to manifest.
5. When you have finished meditating you may mentally say a closing prayer. Or simply say you are going to close, and thank your spirit group for coming and working with you.

**WARNING SECTION: At any point you feel mentally and/or emotionally out-of-control, STOP meditating for a period of no less than 30 days. Do not allow yourself to become overwhelmed. Pay attention to the intensity of the vibrations you are experiencing through your spirit group. Start up with your meditation only after you have regained control physically, mentally and/or emotionally. When you begin again move at a**

**slower pace. Meditate only once a week and for only 15 to 30 minutes. Don't force yourself, let things flow smoothly along at a pace you can handle.**

Each individual is different in what they may experience during their meditational development. Take note of the basic causes' of the eight listed items below. They are usually a result of your spirit group either adjusting your chakras' and/or adding chemicals to your physical body. Do not be alarmed, simply relax and allow them to proceed. Some individuals, not all, will experience one or more of the following. This being based upon what type of ability(s) they are manifesting:

1. Sensation of spinning and/or floating/levitating upward.
2. Temporary memory loss.
3. Images/visions inside the mind's eye.
4. Headaches (associated with the third eye).
5. Stomach aches (due to chemicals being added).
6. Pinpricks (around the head and/or neck area).
7. Seeing waves/clouds of one or more colors.
8. Voices/sounds heard inside the ears/head.

Note: Some individuals never experience or feel any of these during their development. Each person is unique and will progress in different ways. Don't compare yourself to others, each has his/her own path to follow in life.

Jesus once said, "He who believes in the works I do, will do even greater works."

## Chapter 20

***SPIRIT DIMENSION***

It could be said of the spirit dimension that it fills the boundless amplitude of space as rationalized by humankind. The earth is encircled by the seven main levels and their corresponding seven sub-levels just as all the planets contain their own individual spirit dimensions which are higher or lower in their rarefied oscillation levels. All these spirit dimensions meet and blend together, so when you master one spiritual dimension you are then prepared to enter into another spirit dimension on another planetary level if you so desire. Many souls travel to other systems in-between incarnations to earth. For a better understanding, just think of these dimensions as being a state of consciousness rather than a physical place.

In the physical dimension humankind on Earth utilize their senses which in turn make all physical objects seem real to them. This is the same for those in the spiritual dimension where their spirit body is functioning on a higher vibrational level. That which is beyond our senses is real to those who are not held down by Earth's denseness in a higher vibrating dimension. Beauty in higher dimensions is almost impossible to compare or imagine for those dwelling in the created low vibrational dimension of earth.

In the spirit dimension sounds, colors, and even fragrant smells can make up a spirit beings name, or combination of names. There are highly developed spirit entities that are seen simply as multicolored rainbows because of how much they have progressed through the higher levels of the spirit dimension.

There are those in the spirit dimension which can lower their vibrations to where they can penetrate into our physical dimension. Everything in our world, including us, give the appearance of a shadow or reflection to them, to where they can perceive us, yet nothing impedes their movement as they pass through our dimension. There are also those who can walk among us for a limited time and appear physical and real to our senses.

Communication in the spirit dimension is accomplished by spirit beings sending and receiving pure thoughts. Thoughts in their pure form are not misunderstood. They convey the exact intended message as it was meant to be. Unlike the spoken word in our physical dimension which is commonly misunderstood in its meaning and content and therefore causes all kinds of problems and confusion.

The cycle of incarnations, or reincarnation as some call it is merely the process chosen by many spirit beings as a deeper way to advance or progress. One can progress just the same in the spiritual dimension without ever incarnating into a physical body in a physical dimension. It is up to the spiritual individual as to which path they choose.

Speaking of cycles, just know there are many different types of cycles connected to the Earth. Spiritual, mental, emotional and physical cycles; each individual is capable of experiencing these in the physical dimension. These experiences for the majority of humans are the same experiences that humankind has been facing for centuries. Yet, you now live in a different era of time, a different environment of advancement of humankind itself. The experience is still relatively the same basic experience you came to learn; how to get along with your fellow human beings, how to survive, and how to help one another or how not too.

Therefore, basic experiences run in cycles. An example would be that of a Caveman challenging another Caveman, fighting over an injured animal, both feels it is their property and that they have a right to it. That same learning cycle is in effect right now in your society of today. People are challenging each other over who owns what. You still have your disputes over whose property or territory is whose.

Now, your life itself many times can run in cycles. Be conscious of the knowledge that you can control these basic cycles in your life, the highs and lows. Some individuals have just one complete cycle while others may have many. A person in control of his life can control their cycles, whether they are aware of it or not.

There are many different cycles occurring on many levels at the same time in your life. Growth cycles, learning cycles, astrological cycles, Earth cycles and so on. Now, if you know and realize that you are in a particular cycle, fine. But remember never wait for a cycle to do something or wait for a particular effect to take place. If you allow a cycle to control you, you lose your free will.

An example would be if you are one who follows the astrological forecasts or what some call horoscopes, do not make personal decisions based on what is printed in those books, magazines or newspapers, nor what is put on the Internet. Do not allow yourself to be controlled by the Sun, Moon and Planets in your dimension. Break those controlling influences by using your God given free will.

If you wish to read such information, do so for amusement only. Then go out and live your life to its fullest degree, seek truth from within and follow your true path in life chosen by you. And just know sitting in front of the television or computer day

after day is not a good path to follow in life.

The Akashic Records also contain the future life blueprint, which we chose before we enter into a physical body, those things we wish to achieve or overcome in a particular lifetime. Such as when we will be born and who the ideal parents might be to best help us with the lessons we chose to deal with. The parent(s) might be the lesson itself. We are allowed to choose all major events that come into our lives, such events teach the most powerful and life changing lessons to us. For instance, one may develop a crippling illness whether it is you who require it, or that of a friend; to teach us the power of love and compassion on an individual level.

The lesson of rape can be experienced on either the level of victim or the level of assailant. It may be hard to understand on a physical level the lesson of rape, yet on a spiritual level the rapist and the victim may in fact be a close friend in the spiritual dimension. They both agree on the spirit side who will be the attacker and who will be the intended victim in order to experience a negative event in the physical dimension, which cannot be experienced in the spirit dimension. In another incarnation these two close spirit beings reincarnate and switch roles, the attacker is now the victim and the victim is now the attacker in order to fulfill their desires to experience such an event that is unattainable on the spirit side. Seeing the love behind such an event is extremely hard while in the physical form yet becomes crystal clear when you return to the spiritual dimension and see it as a life lesson.

All major life events that happen are basically programmed into our blueprints by us to further our spiritual development. These blueprints are placed in our subconscious mind to help us fulfill our individual pattern of growth. Just remember this, we do have free will to alter and change our

blueprint once we incarnate into the physical world. We may do even better than we ourselves foresaw or we may not only take the wrong path in life, we may lose ground due to our misuse of our free will. This is where your Angel plays a role in your life, trying to help and guide you on your chosen path.

During our time on Earth, there is basic testing going on to see how we are going to react. Certain events that happen to us are simply a test period for each individual. For example, when there is a big layoff at a plant or factory, three hundred workers are laid off. Three hundred individuals are being tested to see how they are going to react. Are they going to give up and go get drunk, go steal or will they go find another job? Then later when they pass over to the spirit dimension, and end up on the first sub-level of the third main level, it will be explained to them why they are on a lower sub-level than others they knew. Because when everyone else was laid off, they went out and found new employment, you on the other hand got drunk and gave up.

You are simply being tested; this is a crisis in your life. Your Spirit Doctor will be watching to see how you handle the crisis, to see what you are made of, your character. God is interested in building character. No matter how low an experience in life may seem; that may be the very experience that snaps an individual into a very high level or sub-level in the spirit dimension based on how they handled it and what action they take based on the crisis.

You may be asked when you pass over, “What did you say to the dummy you saw walking around on the street?” You might have said, “Get out of my way. You make me sick. I can’t stand to look at you with slobber and snot on your dirty face.” What is the first question your guardian angel will ask you? “How did you treat that dummy?” You will reply, “He made me sick, I had to run him off.” Then your

Spirit Doctor will show you the 'Archangel' that the dummy was. It is all testing. Not testing to be cruel to you, it is testing to improve you, to improve your spirit. To help you love and understand your fellow man, who is simply another of Gods creations. We are all a part of each other and of God the Great Spirit.

When all is said and done in your life, this life you are living now, and you die and cross over to the spirit dimension, you are given the wonderful opportunity to review that lifetime you just left. No one judges that life except you, not God, not your Angel, no one but you. You are given a Life Review in which to refresh your memory of that life you just finished; it comes forth in a detailed chronological progression.

When you review your life you feel no pressure from others, you do so for your own benefit to see where you achieved and where you regressed in your original blueprint. Now there are those upon return who simply cannot face their life review and own up to the horrible way they treated themselves and/or treated others while on Earth. Those individuals are then counseled by higher beings that go over their life review with them to bring them to an understanding of where they erred and went astray of the life they had planned. In those instances it may take a long time to bring the spirit being to the point where they can face up to what they have done in the human form. At no time are they forced or punished, yet guidance is given as to what needs to be done to improve their self imposed situation.

An example would be the life of the one known as Adolf Hitler. That spirit which lived that incarnation is undergoing many counseling sessions seeking to improve and overcome the weakness that led it to such destruction while in the physical

dimension. Just know those spirit beings who gave their lives in the Holocaust did so freely in order to teach the world a most important lesson. Individual growth knows no limits, it can teach one individual or it can teach many.

God the Great Spirit does not judge you for what you yourself chose. People on Earth say things like, “How could God do this to me?” or “Why has God allowed this evil thing to happen?” God did not do anything to you or them except grant your request to live in a physical body of your own choosing. All major events that happen in your individual lifetime are for your growth and experience, of which you yourself chose to occur, not God.

There are times during your life that you will hear people speak about the ‘Higher Self.’ No one can reach their Higher Self until they lose their physical body in the physical dimension and they lose their spiritual or ethereal body in the spiritual dimension. You cannot reach it through yoga, meditation, DVD tapes, books, or seeking inward. Those who say you can are just trying to sell their books or tapes or whatever to make money.

When you progress to the seventh sub-level of the seventh main level and you are now crossing over into the True dimension—where no shape or form or body is necessary— you are now pure spirit or that which you would call your Higher Self.

## Chapter 21

***MEDIUM vs. PSYCHIC***

At this point let's explain the differences between a Medium and a Psychic. A psychic person is one who is limited in what they can pick up from their extra-sensory perception or what is commonly called ESP. Using their ESP they are at no time in tune with or connected to the spiritual dimension or to anyone living in the spiritual dimension.

The main problem with psychics is that they register the vibrations emanating from the individual who has engaged them for a reading. As an example, say you just came from your Doctor's office and an X-ray showed a spot on your lung and your Doctor wants you to return to run more tests to determine the cause of the spot. In the mean time you start worrying that you may have lung cancer. You now decide to go to a psychic and see what they say. The psychic picks up the thought vibrations you yourself are putting out over your fear that you might have cancer and then the psychic says they are picking up cancer and ask if you have seen a Doctor? You then are convinced you have a cancer by the confirmation of the psychic's comments, yet you may not in fact have a cancer because the psychic is simply reading your own vibrations of fear and doubt. Your later visits to your Doctor may prove the spot to be nothing of a serious nature.

Now a psychic can be of limited help in the way of picking up some thought vibrations emanating

from you that deal with your subconscious. They may hit on something your subconscious is dealing with that you are not consciously aware of at the moment. This could possibly give you an opportunity to start thinking consciously about the concern.

Mediums on the other hand, unlike Psychics are in tune with those in the spiritual dimension. The job of the medium is to act as a link between you and those in the spirit dimension. Using their abilities in clairvoyance (seeing) and clairsaudience (hearing) they relay your questions or concerns to those on the other side and then provide you with their responses. That is their basic function. Be weary of any medium who asks for large sums of money and the like, many fakes and charlatans abound in our sinister world of today.

A Trance Medium is one that is more developed in such a way to allow their Spirit Doctor or another in their inner band to use them physically. They can lower their vibrational level to where they can speak directly to you without the interference of the medium's mental or emotional sensibilities interfering with their direct communication. If you can find a true Trance Medium then that is the one to engage for a reading with the most accuracy, unfortunately, they are becoming a rare breed in the physical dimension. Most mediums don't or won't put in the necessary time to develop this wonderful gift.

When they are taken into a state of deep trance, their spirit will step aside mentally in order for their inner band member to step in and control mentally their physical body to bring forth the desired phenomena.

One must give prior consent before their inner band member may place them in a state of deep trance, for they have free will and cannot be controlled against their will. God the Great Spirit

forbids those in the spiritual dimension from using anyone without their permission.

A trance medium that is placed in a semi-trance by his inner band member may feel as if their body experiences heaviness. They may be aware of their mouth opening and words being spoken yet are aware they have no control over what their inner band member is saying to those present.

When placed in a deep or complete trance, they are not aware of anything taking place around them. They will feel as if they are sleeping or in a state of total relaxation, and when their inner band member is finished the Trance Medium will awaken without any problems. They will not be aware of anything that was said by their inner band member or anyone who was present.

## Chapter 22

***LIFE READINGS: PAST & FUTURE***

The following transcript is an actual tape-recorded séance of a trance medium giving a group of individuals the option of a Past Life Reading or a Future Life Reading. The names of those in attendance have been changed to protect their privacy and identities.

**Dr. Woods:** Yes, this is Dr. Charles Woods. I'm the Spirit Doctor of this instrument. Greetings, my understanding is that some may be interested in past lives? I have looked into some past lives of this group present here tonight.

Now at this time I wish to give you a choice, and I want you to simply see before you two doors. The door on the left will be the door to a past life. The door on your right will be the door that opens to your next physical existence in the physical dimension. I will give you your choice of choosing whether you wish to have discussed a past life or the life that you will live next time you incarnate in the physical body of a human. This will be your choice, you see.

Now did everyone understand what I said?

**Group:** Yes.

**Dr. Woods:** All right then, Clark, do you want to go first?

**Clark:** Yes.

**Dr. Woods:** Which door do you choose, Clark?

**Clark:** The right door.

**Dr. Woods:** Now, I want you to understand that there is a law that I will be working under, and I'll explain it to you. The law is that I will not give you a date, and I want to explain that. If I were to say, as an example: In the year 2121 you're going to be born and do this and that. Then when you reach a certain age in this life, you may say, "Hey, I've got to die in order to get over there in time to get everything ready for the next life."

You see? So I don't want that. So I will not give you dates. I wish it not to be in your subconscious mind.

Everyone understands that if you pick the door to your right, I will withhold the date because your subconscious mind will cause you concern and worry and a lot of wasted effort in thought.

However, I will tell you that, being in your subconscious, any information that is given to you while in the physical state will be most difficult to erase after you have been re-incarnated. Do you understand?

You will have more recall than at the actual time of birth. The Spirit itself is being instructed into its earth life before birth. Do you understand?

**Clark:** No

**Blanche:** If you're born again Clark, you will remember what he's telling you now.

**Dr. Woods:** Because you are being given the information now, while you are in the human form, you will recall it in the next life. You will have more recall; you will remember what takes place here tonight. Understand?

**Clark:** Yes.

**Dr. Woods:** When you're living that future life, if I say on a particular day a certain thing will happen, you will have total recall and say, "Well I was

looking forward to it happening.”

**Clark:** I understand now.

**Dr. Woods:** Good, very well. Of course, for those who choose the door on the left, the recall will not have a plus or minus for you.

**Sharon:** I have a question, if you choose the door on the left, are they going to give dates?

**Dr. Woods:** Yes, dates are always given in past life readings.

**Sharon:** Oh, okay, I didn't know.

**Dr. Woods:** This knowledge will be coming from the Akashic Records. It might be called the Higher Hall of Records. It has many names or it means many different things to many different people. It is the Higher Hall of Akashic Records when the future life is there.

Now, I will begin with you Clark. If you have a question feel free at any time to ask. This is Dr. Charles Woods; I will be working tonight.

**Clark:** Okay.

**Dr. Woods:** In the future life, the life that is already planned, the life that has been laid out, the life that you are working towards now, that you are obtaining knowledge and in-formation and being guided towards. I will now begin. I will turn the page of the book and I will start with the very beginning of the time of birth.

This may seem insignificant to you tonight but in the next life it will mean a great deal. It will mean a great deal to people who study the stars and the planets. So the time will be important to them and to you.

You'll be born the Earth time of 6:03am. It will be a

Thursday. Your mother will end her physical existence at 6:08am, Thursday.

You will be raised in a home that is not unlike the homes of today of an orphanage, but it will be called more of a training institution.

Your father will not reject you, if you're wondering why the institution, your father will not reject you but it will be the way of the time that you have been born in.

Your father will be a man in the service of the government in the way of, not a politician, but as a keeper of peace. You may in your lifetime, this lifetime that you are living in now call the gentleman a career soldier. But he will be a gentleman of peace instead of this other term.

I will reveal to you at this time the names of those people. Your name will be...now this is no pun. Your name will be exactly the same as your first now, but it will be spelled backwards: Kralc. Do you understand?

**Clark:** Yes.

**Dr. Woods:** Very good. Your mother, whom you will never know, will be named Navarone. Your father's name will be Harmzes. The last name, the family name of your family will be Eiruman.

Now then, through the institutional care and through the studies and the schooling, you will go into the scientific study of planetary study. This will be a normal study for that time.

You will spend your career not upon this planet. Your life basically will be a dweller of space. You will be traveling from one area to another. Much similar to the airlines of today, which go from one city to another city or from one continent to another continent. But this will be of a more colorful, advanced type of flight.

You will never marry. You will perish and return to the spiritual dimension after a period of earth years numbering forty-seven. I will not disclose the

nature of the death, for it will have no bearing upon this life when you do recall. You will be in another dimension. You will be in another galaxy, and you will perish. But know that you shall be as close to spirit then as you are now. There will be no reason to fear being lost there in a vast nothingness, because it is not a vast nothingness.

**Clark:** Will I have the same feelings and emotions as I have now?

**Dr. Woods:** No. You're going to be developed as a scientist. You will have no emotion. You will have feeling. You will not have emotions; you have primitive emotions now. You will not have emotions in this future life.

This is Dr. Charles Woods.

**Clark:** Thank you.

**Dr. Woods:** Now Blanche, are you ready? What door do you want?

**Blanche:** The left.

**Dr. Woods:** You wish to seek a past life experience. Very well, I'd like to place you at this time in the nation or country that is called Canada. I'm placing you there and giving you the name in which you will not enjoy. You have never in any life had a name you enjoyed. I wish to give you the name of your last, next to last incarnation. This is not the last one. This is the one before. The name that I give you is Bella.

**Blanche:** It's better than the one I got now.

**Dr. Woods:** Yes, but you didn't think so then.

**Blanche:** Probably not, its not the world's prettiest.

**Dr. Woods:** Now Blanche, like the "B" is very

important in your life to you. You feel closeness to the “B” and I think it’s because of the spirit God sound of “ob.”

Now then, let us go along with this and you can see some of the character peculiarities coming out, because of that Canadian life and to this one. I skipped a life. It didn’t show up in your last life that’s the reason I picked the one before to speak on this evening.

This is why you are always hot. You like cool weather. You’re cool natured. You like cool places. Many of your lives which have been few have been spent in cool areas on the Earth.

Now, the family name of this one of which I’m speaking of was Sheller. You were not French. You were a Duke’s mixture. You were English. Your parents came from Eng-land.

Now, Bella Sheller was born in the year 1637. You were married and raised three children. You gave birth to seven children four did not live. They had short life spans.

Three that survived lived to adulthood.

You were alone a lot in your life, for your husband was an explorer type. He was working for the government, so to speak, in bringing about mapping of the land. He was exploring the land areas for the leaders and officials of that time period.

You live to be the age of eighty-seven. So you may add your birth date to see the date you died, passed away. You passed away in October of that year, the 21<sup>st</sup>. The month of birth wasn’t as important as it would have been to Clark. It was May 12<sup>th</sup>.

You had a great deal in common through that experience with the Indians in that area. You were not an Indian lover, but you tolerated the Indian people. You were no missionary by any means.

**Blanche:** What was my married name?

**Dr. Woods:** Bella Bonyea. He was French.

**Blanche:** Well, between this last life and the one in 1600 must have been a long time in between there.

**Dr. Woods:** Yes, you needed a long period of development in the spiritual dimension. Now then, do you have another question about that period?

**Blanche:** Is that the reason I want to go to Canada, because of that prior life?

**Dr. Woods:** Yes.

**Blanche:** Where did I live?

**Dr. Woods:** You were close to a large Indian village, or encampment they called it. This is Dr. Charles Woods.

**Blanche:** Oh, thank you.

**Dr. Woods:** Now then, let's see, Mike are you ready?

**Mike:** I'd like the door to the future.

**Dr. Woods:** I would like to explain how it is arrived at of a future existence. And it is the future life as programmed, so-to-speak, from your past experience. In many past lives you're being guided in a direction to be of future service in a coming life or experience. It is basically the same life; you are the same being, same person. You are being placed in a different experience.

Now Mike, are you ready to open the door on your right?

**Mike:** Yes.

**Dr. Woods:** Very well, again I will not give you dates or ages or years so as not to concern you

dearly or deeply now. In your next Earth experience you will be female. You will be from a large family. The time and day of your birth I will give although it will not carry the importance to you that Clark's will to him. Your birth will be 8:12pm, on a Sunday. It will be raining. As I spoke earlier, you will be of the female sex. You will have tremendous abilities as a child in the arts. You will not marry young, but you will marry; however you will not produce children.

You will develop in your thirties a writing ability. You will write many volumes of knowledge on the arts. You will develop a philosophy through your writings.

You will, for a time, live in seclusion during your periods of deep thought in your career.

In your twilight years of your life you will expand and broaden out in the field of appearing before audiences in speaking and lecturing.

Your passing will be normal. Everything goes according to the records as I see them, you should live to be eighty-one years old in your next Earth existence. Not this one.

Now then, the birth name of this child will be a strange name too. It will be Feon Monet Break. When she does marry, the married name of the gentleman she marries will be Marchant. Okay?

**Mike:** Yes.

**Dr. Woods:** Now Judy, I have for you two doors, one on the left and one on the right. Which will be your pleasure?

**Judy:** Left.

**Dr. Woods:** We open the door and enter into a room of a past life. In the past life that you have completed, you are seeking some verification. I will give you something here for you to puzzle over. You were not a doctor; you were one who

worked as a doctor.

I am placing you right in the middle of the Revolutionary War in this country. You were not Martha Washington, yet you knew of her and some others. But your name, a common name, was JoAnne Wilcox.

Now there were three marriages. JoAnne Wilcox Circee was the first, JoAnne Wilcox Circee LaMarz was the second and third was JoAnne Wilcox Circee LaMarz Blanken-heimer, and it was a Jewish name. Two of the gentlemen were killed in the war and the other one outlived you. Yes, you lost two close together.

You were close to much of the fighting at that time, which spread all over a great area. Most of your life though was spent in the Virginia region.

Now then, May 30<sup>th</sup> was the date of your birth. The year was 1741. In Earth years you were going into your ninety-third birthday when you passed.

You were born in what the Indians called a wigwam.

**Judy:** I wasn't American?

**Dr. Woods:** Yes, you were an American citizen.

**Judy:** You said I wasn't a doctor?

**Dr. Woods:** You had a very limited nurse training, but you were called upon to do the acts that a doctor would do in a type of emergency. You did many midwife acts and you doctored many people. There were no doctors available many of the times in the areas where you were at, and you assumed the duties. You had a lot of courage. You had a lot of instinctive doctoring skill. You liked to use, or were adept at using a knife in the way of surgery.

**Judy:** Was this from a prior life?

**Dr. Woods:** Yes, I feel as though you got your fill.

**Judy:** I used up all my courage.

**Dr. Woods:** I will say this, in a prior life even before this one we're speaking of, you were a man. You were a brute. You did commit chaos and murder. You bludgeoned people to death with instruments of war.

So in that life I am speaking of, the last one, the sight of blood and gore didn't annoy you.

Now you have come a long way because you have outgrown that. See the improvements and progressions you've made?

**Judy:** Yes.

**Dr. Woods:** All right Sharon, which door would you like to choose?

**Sharon:** I'll go for the left one.

**Dr. Woods:** In your past life, I'm going to skip with you and at a later date I'll go into your last existence.

I want to go back into time, when you were what many people of today would call a monk. You were of the male sex. You spent a great deal of time in monastery work, which was primarily praying, gardening and teaching.

You had reached a certain knowledge and degree of your own. You did not pass away due to old age. When the hordes of Genghis Khan came through your area, you were cut down, decapitated. You lost your head, your arms, your legs and were disemboweled. She may recall these pains at birth sometimes.

Upon entering the monastery he did not take the vow of silence because he was a teacher and instructor.

The name of the monk of this existence, because he was born to a family of prestige in that era, will not be given. I'll give him another name that is as

close as the sound would be to us, a name that would be recognizable, Xavier. But it was of a different pronunciation. He went only by Xavier during that existence.

Now the dates of passing, due to a new experience of another life that is to come, I wish not to divulge the date of death because of the horror of the death. The second of that death will carry over and into another life with a similar Earth experience. I wish not to place the date of death because the date will correspond with the coming date of death.

That being the one that is important in mathematics in that lifetime, in that mathematical equation of death, she will find the answer. And it will cause much disturbance to her, so I will not divulge that date for her.

Now, it is time to close. God Bless you all.

This is Dr. Charles Woods.

## Chapter 23

***YOU DIE***

## The Doorway:

Death is simply like opening a door and walking through it. There you find yourself back at your true home, with your true friends, companions and family who rejoice at your return. You completed that lifetime; learning and experiencing as much as you could or couldn't, and now you returned home. Those loved ones you left behind on Earth, you will be there to greet them when they have finished their lifetime and they cross over, and you will rejoice with them at their special reunion.

Yes, many people fear death because of their religious faith and/or upbringing. They fear the 'Hell' that was programmed into them by their religious beliefs. Religion told them they 'Sinned against God' and therefore they must be damned to a burning Hell with Satan torturing them throughout eternity. But once they cross over and meet with their friends and family, they will then realize there is no Hell, or Satan or other such negative things waiting for them. Religions of the world use such devices to control the people, so they will obey the rules and authority of those holding religious power.

Mankind created religions, not God. God loves all his creations unconditionally. But if you wish, it is your right; you have free will to believe in such things as Demons and Devils if you wish. Once you cross over and see that those negative things were simply put there for your learning and/or spiritual growth, you will be truly elated at that

discovery.

Souls are basic energy creations, as God is infinite energy. Energy is simply that part of God that connects us all to each other and to God. God created Souls in order to experience that which he created on an emotional level. As a Soul we grow and experience the knowledge of God, who then in turn experiences through us, his creations. God gave us, his soul creations the limited ability to create and the free will to lead ourselves into the experience of the negative and positive that exists in all physical life.

Souls can experience the negative, whereas God cannot. So God experiences the negative through us, his creations. As souls, we are always experiencing and gathering information for God. No matter whether we are in the human form or back in our home dimension, we are seeking to grow more God-like in our own right.

Just remember, your Soul at death, no matter what type of exit you chose feels no pain of any kind. Your physical body may react to whatever is happening because of the brain and the impulses that it is still receiving at the time your Soul separates from the physical body. But the true you, the pure energy being that inhabited that physical form will feel no pain or suffering of any kind as you separate from it. You will feel so amazingly loved and truly peaceful once you finally free yourself of that small, limiting body of flesh.

Some people say the loss of a child is the most severe loss one can experience, but that is not true. Anyone who loses a mother or father, a wife or husband, a brother or sister, a son or daughter, a true friend or companion, or even a beloved pet; that loss to 'them' may be the most devastating. Each person experiences the loss of a loved one in their own way. No one can measure how much grief we will go through or for how long it will take us to come to terms with our grief.

Those who die and cross over to the other side are extremely grateful to return home. No longer bound

to a physical body, they no longer suffer from any disease or physical pains of any type or degree. They are once again whole and full of energy; where there is no aging process or limitations to experience as they did in a human form. Unconditional love envelops them on a continuous basis. As beings of pure energy they do not need food, water, shelter, or oxygen to sustain their soul form.

Since we incarnate to planet Earth to learn and experience many things we cannot experience on the other side, each lifetime is very important to each one of us. These lifetimes we venture into help us grow spiritually. They help us understand the true nature of God and allow us to become more God-like in our own patterns of growth.

So no matter when someone dies and returns home, just try and realize it was their decision to leave at that point in time and to leave in the fashion that they left. How old they were when they died and returned home was their choice. The method they use to return home is their basic choice; to die in a plane crash, a vehicular accident, to be murdered, to take their own life, to die from old age; your exit from this lifetime was decided by 'you' before you were born.

Grieve not over 'when' your loved one died or not over 'how' they died; simply grieve for the physical loss they no longer have in your life, for they are now on the other side and are happy and rejoicing, knowing that you, their loved one will join them when your chosen time of departure comes. They will be ready and waiting as you cross over for your reunion with them. Yes, their departure leaves a big hole in our hearts because they are no longer here with us in the physical form, but they are always watching over you and waiting for the day you return home.

So grieve, but remember, you are still here on Earth because you have more to learn and experience. Don't waste your life in grief and

sorrow for you will be reunited with your loved one soon enough. Hold that love in your heart and move on to fulfill your spiritual growth.

### Things You May Experience:

Obviously souls who have chosen a sudden ending to their life, such as a vehicular wreck or some type of murder or death through war or the like won't experience what are called the stages of grieving before death. Those who have chosen for their learning experience a slower death, such as a terminal illness, will then have the opportunity to grieve or not grieve as they so desire.

It has been noted that those individuals who have been told of their impending death react in many different ways to such news depending on their religious beliefs or lack thereof. There is a basic model used to convey the stages of death, those being; denial, anger, bargaining, depression and acceptance. Some individuals will express all the listed stages, while others will go through only a few and still some may not express but only one that of acceptance based on the reason for their impending death.

Depression, for those who decide to experience it, can be the hardest stage to deal with. Some will enter it and remain there until death overtakes them. Others will experience it for a time and then move on with what remains of their time on earth.

Depression, like stress, is caused by the physical mind attempting to rid their soul of feelings which do not agree with their physical or energy body. When the mind engages in repeated negative thoughts and/or actions the only way the body knows how to cope is to bring on depression and/or anxiety trying to protect itself. These thoughts or actions go against the soul's true and higher self.

To move from depression, one must change their negative thoughts and/or move out of the negative behavioral pattern they have moved into, or been

caught up in. Whatever caused you harm or mental anguish, you can simply move from it by taking positive action to move from it or away from those who push you in a negative direction.

No pill will bring this change; there must be a physical, mental, emotional and/or change in their beliefs by the person in order to move out of the depression and/or stress they are experiencing. True change must come from within the person; you must come to terms with your situation. No therapist, doctor, friends or family can do it for you. It is your life, your experience, your lesson you chose for your spiritual advancement.

The stage or stages you as an individual have decided to experience will aid in your understanding of your physical life as it comes to a close. You have already experienced death in other lifetimes, so as far as your soul or true energy self is concerned this is merely another experience before you leave the physical body behind and your soul returns home. Some will be able to grasp this understanding as others will not.

Fear not the loss of your physical body for it has done its intended job, that of allowing your energy form to enter this physical dimension in order to learn and grow spiritually. It has served its purpose and now it is time to lay it aside.

### The Dead Speak To Us:

Those who die can communicate with us depending on certain factors. Such as if they want to speak to us or not. You may have a family member or someone you knew and you didn't get along with that person on Earth. You and/or they don't want to communicate, not when they were on Earth or not now that they have crossed over. So in that situation there will be no attempts at communication between you and them.

Now for those you truly loved and are now grieving for, they may make contact with you once

you are in a more stable frame of mind. After you regain control of your emotions and mental state, they may then seek to communicate with you. They have several ways in which to make this communication to let you know they are fine and doing well back home.

They may try and enter your dreams, they may come and try to use their energy to give you the sensation of being touched, or to give you the sensation that they are near you in your physical feelings or mental thoughts. A pleasant memory may suddenly come into your mind, bringing a smile to your face, if only for a moment. Bringing with it a sense of joy and calmness you have been longing for. You may notice a faint smell of some pleasing aroma you associated with the person who departed your life, and feel comforted that they are close by watching over you. You may notice small objects being moved from their normal place, or lights turned on that were off and the like. All attempts to let you know they are alive and doing fantastic on the other side.

There are those who will even be able to see their departed love ones, should they so desire it. Some on the other side may return just to be seen and let their loved one know they are all right and it is now time to stop grieving and worrying about them. That it is time for them to move on with their life.

Some of you may even seek to communicate with them through a Medium or Psychic. This is fine as long as you seek out those who are pure of heart and offer to help you communicate or validate a connection with a departed loved one for reassurance, and not just to separate you from your money. There are many fine Mediums and Psychics out there; but there are also many fakes out there just waiting to play upon your emotional state of mind for their monetary gain. Research well those you decide to trust when trying to communicate with your loved ones on the other side of life.

### We Choose Our Death:

Here are but a few examples of how and/or why a Soul (energy being) chose a specific type of death which opens the doorway leading them back to their true home on the other side. These avenues of death were chosen by the individual Soul themselves and no one in their family or friends caused or aided in their demise, other than what the individual Soul allowed.

Cancer is a commonly used disease by many Souls to force them to take note of their life. Cancer can be something an energy being programmed into their human life to force them to confront the lesson of unconditional love as a means to further their spiritual growth, and/or the growth of those close to them. Cancer is just one of the many diseases Souls choose to pull them out of the complacency they have followed in their life.

Sitting in front of the TV or computer screen all day does nothing to help us with the true lessons we came here to experience. So cancer and other diseases force you to refocus yourself on the true path you wanted to experience; that of advancing your Soul through the lessons of love.

Cancer for some is how they chose to leave this physical life. That type of death will also have a profound impact on that individual's family and friends. Giving them the lesson, whether they learn it or not, that they too should not waste their life on mindless pursuits. Allowing your life to be consumed by only sports or other mindless endeavors will not help you to grow spiritually, that's why you came here; to advance your Soul or to help teach others how to grow spiritually.

Suicide is no different an exit from this world than is any other manner of death. God does not view it as a sin, for there is no such thing as sin. Religions, not God, created sin as a form of control they could use

on the people. Suicide is a physical action manifested from the negative thoughts and emotional stress that persist on a person's mind and body.

These can be overcome while in a physical form, yet if the individual is unable to overcome and they commit suicide, there are those on the over side waiting for them as they cross over. They meet with the distressed soul to provide counseling to help that soul understand the torment it was experiencing when it ended its human existence.

Young individuals who commit suicide are those who have only incarnated a few times and have not yet made the adjustment to the physical world. They must overcome this fear in order to continue to learn in the human form. For others who kill themselves there can be any number of reasons to do so; disease and/or physical pain, emotional and/or mental distress, an overwhelming experience and/or lesson, and the like.

Self-inflicted death only returns you home, but know that you will incarnate again into a human form and face the same similar conditions as before; so that you can progress past the temptation of suicide and allow yourself to grow spiritually.

#### Accidents Are Planned Events:

There is much adjustment that takes place in your life depending on your free will so that events that are planned may take place. That is, not the specific event in most cases, but the event that brings about the desired experience or goal that 'you' planned to achieve and experience in this lifetime.

There are many things that influence free will and influence events on your lifetime. Many things are planned, simply because they appeared accidental or inconsequential makes them no less important, though they might be. An accident can bring your attention to an area that you were neglecting, even in terms of thought though the accident may have some physical impact. There

may also be implications for your emotions. It is important to adjust your thinking to understand that there are no negative actions.

There are many things that unfold so that the desired plan, that which you were counseled and chosen to experience with your desire, that these things be accomplished. You may learn love, for example, through any number of experiences, so it is not dependent at all times that you meet a specific individual or care for an individual so that a bond is formed or any other part of love or caring be experienced.

There are times when it is very dependent on the person because of their path and yours and how they interrelate. But many goals and experiences will be brought about by the circumstances no matter how your free will has intertwined with your plan.

It is of utmost importance to keep your mind open and clear and not worry on how the event has been formed, but to understand that causal reasons, those important beyond the physical world, examine those that you will carry with you after your physical death. Examine these reasons, the motivations, and the areas being affected. These are what often determine growth or an area to review for some potential lesson or meaning after you have come through physical death.

It is not necessary at all times to feel as though you experienced a specific incident and then reacted poorly to it, though you may not understand the process now you will understand, or you still may not, upon your exit from this physical world. Your reflection on this situation and understanding the correct, or universal, response that may have been more positive is as useful as if it were your initial response.

Typically, it is not known by you whether this also was the required response for the growth of yourself or others involved, though all actions should be considered and reviewed on terms of

how you feel much later, after the incident. Were you better off because of your reaction to the accident or were you feeling as though you reacted negatively towards yourself or others involved. These are important if you are considering growth and evolution in your lifetime and beyond it.

Please understand that it is important that all individuals know of lifetimes, or what is termed reincarnation; there is much said to deter any thought or thinking regarding this and many are expressing themselves, their emotions, and reacting as if there is no life beyond that of the grave. That there is no impact, as if this is the only life they are ever given to live and experience. It is important to know that you will live many lifetimes, and upon return to your true home, you will have the opportunity to review each previous lifetime, to examine and understand in order to aid in advancing your spiritual growth.

There are no accidents, so if your loved one died from what someone would call an accident, just know it was a planned event by that individual. Not to cause pain or suffering or to punish someone who is left behind, but simply an ending to a lifetime in which they had completed their chosen lessons and experiences. The lessons they could not or did not learn in that lifetime will be reviewed by them on the other side, and they will then program those missed experiences for their next lifetime. There are no lost opportunities for a Soul's advancement.

#### Incarnation:

The cycle of incarnation, or reincarnation as some call it, is merely the process chosen by many soul beings as a way to advance or progress at a faster rate. One can progress just the same without ever incarnating into a physical body on planet Earth. Yet spiritual advancement can be accomplished at an accelerated rate by incarnating into a physical form

where the negative element can be experienced first hand, rather than simply studied and/or observed

through other energy beings. It is up to each soul individual as to which path they choose to follow.

Just know your previous lifetimes have brought you to the place in which you currently reside. There have been many on your current path that you have experienced in similar times. There have been many mothers and fathers, brothers and sisters and the like; some were of great importance to you while others had little to do with you based on their own spiritual journey they were seeking.

It is not the nature of the societal construct of the family unit that is important; for many receive these same relationships at various points on the course of their lifetimes. Just know that family is importance for some souls to help them learn and experience certain lessons, while other souls do not need the close family ties to learn or experience their chosen lessons.

This is why some families stay connected and others seem to scatter to the winds. It's just simply that individual soul's desire which compel them to seek out their individual lessons, chosen by them for their personal growth.

## Chapter 24

### ***WE GRIEVE***

For Those Who Live:

The dying individual will experience grief differently from the individual who loses a loved one. The dying person has only a limited amount of time to grieve or not grieve for themselves before death runs its course. The individual who loses a loved one has the rest of their lifetime to experience or not experience the effects of grief. Some will grieve and then move on with their life, some will continuously grieve in one form or another for the rest of their life, and some will grieve on and off throughout different periods of their life.

Here we will discuss grief for those who live on after the death of a loved one. The same basic stages of grief apply; denial, anger, bargaining, depression and acceptance. The difference between those who are dying and those who will live is the amount of time involved as mentioned above. For some, the different stages of grief can become a cycle they seemingly cannot escape from throughout the rest of their lifetime. For example, depression may become a reoccurring problem as they try and cope without their loved one by their side. For others, they will experience their loss with different stages of grief and move on with their lifetime to fulfill their life's purpose in learning and growing toward their spiritual awareness.

Grief has no time limit. An individual grieves for their loss as long as it takes them to come to terms

with the loved ones death. Many factors affect how a person grieves. Was the loss sudden; by suicide, or

murder or war? Was it a gradual long term illness? Was it from the natural process called old age?

An individual will grieve differently for someone murdered for example then for someone who died naturally from old age. If the murderer is not known or ever found, the grieving individual may find it very difficult to move on with their life, always seeking closure to many unanswered questions. For someone who dies of old age for example, it is viewed as a normal expectation of a long life coming to a natural ending.

Your grief may have caught you off guard, for you truly didn't realize how much you loved or disliked the individual until they died, and now you realize their true impact they had on your life. Don't play the blame game, thinking you could have prevented the individual's death in some way if you only had been more aware of your true feelings

### The Effects:

Grief is experienced by the average human through many different avenues of expression; emotional, mental, physical and/or spiritual. The grief stricken may exhibit anger, anxiety, depression, despair, fear, insomnia, nausea, night sweats, weight loss, and/or weight gain, and on the list goes. For the specific individual these may be some of the normal symptoms they experience when faced with the grieving process. For other individuals they may not experience any of these symptoms of grief. Each experience loss in a different way; so do not judge another for how they grieve or for how long they grieve.

The person feeling and/or experiencing the loss will deal with it in their own private and particular way. They may cry, laugh, scream, sulk, or do

nothing at all to show emotion, it's up to them to grieve however they wish or wish not to grieve. Do not tell them to stop grieving and get on with their life. They must work through the loss and when ready they will emerge from their grief and continue on with their life. If you think its taking someone too long to get over their grief, the problem may be that 'you' have not truly come to terms with the person who died. You may not have liked them or you may not want to acknowledge that you had deeper feelings for them then you led others to believe. Examine your own true motives before trying to pressure someone else into reconnecting to their life path before they are truly ready.

If you truly wish to help the person caught up in grief, then be willing to help them with basic life functions. Assist them with laundry, grocery shopping, house cleaning, paying bills, child care and the like until they re-connect with their life. Don't force yourself on them if they say 'no' to your offer of help. If they wish to talk about their grief; then listen without judgment. If they just sit and cry, then let them cry, it's their way to grieve; for there is no right or wrong way to grieve.

Should they desire to seek out someone to assist them with their grief then supply the phone numbers and names of those who could offer counseling such as; medical doctor, psychiatrist, clergy, and/or a support group. Don't pressure them to call, let them decide when the time is right and who they wish to deal with. Some grieving individuals do not need such support, so allow them to work through their grief in their chosen way.

### Self Medicate:

For those who decide to self medicate themselves through the use of alcohol and/or drugs just remember; they will only mask the sad feelings and physical symptoms you are expressing and experiencing for a time. You must come to terms

with your grief at some point in order to continue on with your path of spiritual awareness. Alcohol and/or drug usage will only prolong your grief and

cause other health issues to arise, which will have a profound negative effect on 'you' and the remaining loved ones in your present life.

A medical doctor or psychiatrist may prescribe medication to help you cope with your present situation, but remember pills only mask the grief you are experiencing. It is still up to you to come to terms with your grief and move on with your life. Do not allow drugs and/or alcohol to take control of your life.

### Reestablishing Your Life:

Once you have experienced your grief to its fullest, you may emerge once again ready to tackle the demands of life itself. This is indeed a new beginning in which you may seek out family, friends and/or support groups to aid you on the road to reorganizing your life.

Physically, mentally, emotionally and/or spiritually you may now venture into new areas that are open to you. Start an exercise program to physically help yourself remove fear, anger and depression. For example, join a book club to expand your mind and/or become socially active in your community to help others who are now going through what you have experienced personally. Get outdoors and rediscover nature; there is nothing like watching a sunset or sunrise to reconnect your soul to the spiritual awareness that lies deep within each one of us.

Helping and assisting others for whatever reason can bring great joy and love into your life. Focus on things that bring you happiness and open your heart and mind to experience joy and love. There should be no immediate focus on sadness and/or frustration. There is no true

joy in the sadness and hurting of others. Joy comes from expressing your heart and mind together in a beneficial and positive way.

Laughter is most notable and acceptable because of the true happiness that you experience, which is similar to the everlasting love and pleasantness of your true spirit home. Dancing, singing, clapping and even obnoxious body movements can be thought of as those that might be used by children. These simple things will engage those around you in laughter and 'lighten the mood' which is only the energy and vibration shifting in the area surrounding you and those who are near you.

Your body posture can also have an effect on your mood. This is true if a particular feeling is associated by you with a particular posture or you express certain feelings only in a certain posture. There is much attention paid to this by those who are aware of their bodies and simply adjusting your posture and body mannerisms can cause a positive shift in your energy field and vibration of your body. Movements and posture can increase blood flow and increase the energy flow in your body allowing it to be raised to new heights.

This is why a child might appear happy though a parent might want them to calm down and stop their behavior. This is simply the child's natural way of interacting with the world though they are unaware of how much is based on their energy body. Sloth like mannerisms can be attributed to negative energy, slow sluggish energy and to a lower vibration pattern. Raising your vibrations can change your mood and create positive energy helping an individual to move forward with their life.

Walking and physical activity on a daily basis, especially activity where the body is in contact with the outdoor elements, not indoor, are vital to energy vibration. Laughter is the best medicine because of the energy being expressed and the energy being felt by those who are in a group experiencing this.

Fear is the only thing that stops humankind from

becoming truly great on this planet. Stop fearing everything and start expressing love in all its forms; from the simplest kind act given to a total stranger, to expressing love on a larger scale. Try it; you have

nothing to lose except the fear that you yourself have created in this lifetime.

### Forgiveness:

If you and the person who just died did not have a very good relationship while they were alive, you may have mixed feelings about their death. Whatever transpired between the two of you while still alive, you may still harbor anger and/or hatred toward this individual. Your feelings now that they are dead may cause you regret or guilt that you could not or did not rectify the problem between yourself and the individual.

What transpired between you and the now deceased individual may have been, for example, as basic as just not getting along, loss of love, not seeing 'eye to eye' on most things, divorce and/or the like, or it could have been much more profound involving, for example, incest or rape, or something extremely negative or hurtful which caused 'you or them' mental, emotional and/or physical pain. You may be the one who hurt the other, or you may be the one who was hurt by the other.

Forgiving them for what they have done to you can be just as hard as forgiving yourself for what they did to you. Subconsciously you may feel as though you deserved the bad thing(s) they did to you, when in fact it may just have been a learning experience agreed upon by the both of you in order to grow spiritually.

As an example, say you were raped or molested by a family member or by a total stranger; just know all major events in your life were programmed by you before you were born into this physical dimension.

You wanted to experience certain things for your spiritual development.

Once you understand we come together here on earth to experience, what are perceived to be negative events, then you will see it is simply done in order for us to grow spiritually. Forgiving yourself and forgiving others becomes much easier once you understand the true nature of what has transpired between you and someone you know or one who is a seemingly total stranger. That stranger may in fact be a very close friend from the spirit side that is assisting you in learning a lesson you yourself wanted to experience.

Think deeper, and then forgive yourself and forgive the others that have caused you harm in whatever shape or form you perceive it to be; after you have fully experienced the event that has occurred in your life; fully experiencing the emotional, mental, physical and/or spiritual results of the lesson, then you are ready to move on to other chosen lessons you came here to experience and learn from for your spiritual advancement. Nothing happens by chance; you chose the event to experience before you were born or you allowed the event through your 'free will' to manifest in this lifetime.

So experience the physical event fully, and then look deeper into what really transpired on a spiritual level and then come to terms with the death of the individual. Forgiving or not forgiving them is your decision to make, for it is your life and only you can live it. No one else can feel as you feel, think as you think, experience an event as you experience the event to be in your life. So whatever you decide to do is right for you.

## Chapter 25

***THEY REJOICE***

It is very hard to see the spiritual ramification of an event that occurs in your life unless you have a specific spiritual ideal or background in which to compare it with. Presented in this section is an overview of basic information to give you a foundation on which to better understand who you are and where you came from in order to help you deal with the life lessons you have chosen to experience in the human form.

True Prayer:

1. What is true Prayer?

Prayer in its true form deals with what your true intent is for asking the prayer in the first place. True prayer is a spiritual action which allows a person to look into their soul and see where their strength's and weaknesses come from. That inner look into yourself then helps to create a stronger bond between you and God.

People who go to their church, synagogue or mosque and simply say in repetition the same old prayers achieve nothing. Those who repeat those prayers over and over each day, each week, do so with indifference; for they have ceased long ago to contemplate the true meaning of the words they now utter without thinking. An example is like the Christians repeating the 'Lords Prayer' or the Muslims reciting the same prayer five-times a day facing Mecca. Neither God, nor his Angels respond to such prayers because the people say them without true sincerity in their hearts. The correct prayer is

that which is done without vanity, without attempting to change something for personal gain and/or selfish reasons.

True prayer is when an individual desires to help oneself or another person/group to bring forth a positive change while being of service to God and Mankind. True prayer allows a person to tune into the spirit energy of God, which automatically then attracts its answer by creating a vibration that draws your guardian angel to come forth with help and assistance.

## 2. How do I say or ask a true prayer?

A true prayer, one from the heart, depends on your intent. Say your prayer, mentally or out loud, and then envision your positive prayer coming true. Ask that spirit energy from God be sent so that your prayer comes to pass. It is only necessary to have in your mind the vision of the completed outcome that you wish to achieve. Simply focus your thoughts on the outcome you would like to see and visualize your spirit energy leaving your body and affecting the universe. By doing this, your energy will be brought to the attention of God and his Angels, so to speak, and your prayer will be reviewed and a determination made as to whether divine intervention will come forth or not.

You may ask your humble prayer as often as you wish, for as long as your true intention is of a positive nature, your prayer will radiate out from your heart and deliver the spirit energy into the universe. Your spirit energy emanates from all around you. You have the ability to create, which was given to you by God. You have the mind power to assist in seeing your prayer bring forth your desired result, or at least bring love into the situation you are attempting to help or change.

Just know, not all prayers are acted upon by

God and his Angels, due in part to each soul having free will. Some souls chose to experience hardships, and what seems to be chaos in their lives is in reality their desire to experience the negative side of life for their spiritual growth. If someone chose to place themselves in a bad situation, God would not interfere to change that situation until that person had learned all they could from it. After they had experienced and learned from their chosen life lesson, then God would allow your prayers to come forth to aid and heal the person you are trying to help.

Once you have truly understood on a spiritual level what has transpired as

it pertains to death and the grieving process, you will be prepared to move

on with your life, either here in the physical world or that of the spiritual

world. Those who remain in the physical world need to look to their future.

There is a need to create peace and end suffering for one's self, your community, and the world.

Bringing peace to your own being may seem impossible, and so might that of bringing peace to others. Yet know that bringing peace to others is what fosters peace in your life.

Simply Consider The Following:

Once you emerge from your grief, no matter what caused your grief, focus on what matters to you, but only the things that you can carry from this life to the next, no matter where you believe you may or may not go.

There is no need to worry about gathering money and possessions, for they are not taken from this world when you make your exit.

There are those in this world who have far less than you, their basic needs are not met. They need food and shelter. Share with them. Not only through

money, but by direct action; help your neighbor!

Take time for daily reflection, meditation or prayer (what you call it is not important for it is all the same action, and it creates the same outcome) for understanding yourself and for creating peace. Just five minutes a day and that peace you create will spread throughout the world.

There is no reason to force our beliefs onto another person or group. Peace and love is experienced when each person understands that there may be differences visible to the eye, but that we all are the same. We are all souls, energy beings having a life on this earth. We all have fears, hopes, and wants; there is no reason for fighting and segregating when we are all truly the same, only born from a different position and time on this earth.

We need to let others share their beliefs and world views with us. Not forcing others to believe a certain idea or restricting another's actions, beliefs, or movements. Outlawing, banning, or belittling the mind or thoughts of another only further alienate us from that group or person. Making it more difficult in the future to make amends and create peace.

In worldly affairs we should respond with medical help and food, not guns and violence. Access to food, shelter, and education will eliminate many wars, and the suffering experienced by many throughout the world. We should work for peace; we should be a peacekeeping force.

Start here, start by having patience, start by helping the less fortunate, start by helping those who need basic necessities of life. Focus on your mind, your beliefs, your virtues, for these things matter the most. Open your mind to your potential, the potential for peace, the possibility for love. Look at the world around you and see how much of those already exist.

Ride a bike, walk, hike, camp; not to simply save money, or to cut down on pollution, but to experience the complex beauty that nature has provided for you.

God has allowed you this lifetime, no matter what your circumstances; you can create peace and healing not only for yourself and family, but for your neighbor's and community as well. Let us all together spread love throughout the world.

## Chapter 26

### ***EXTRATERRESTRIAL COMMUNICATION***

*Alexander Zielinski is a Clairvoyant Medium who Channels ‘CONSTANTINE’ (a higher evolved spirit being) and ‘ELOPHYNY’ (a Collective of light beings from another Star plane). He is also a Reiki Master who utilizes ‘Energy’ Healing.*

*Alexander and his guides are providing the following information, with the hope and desire, that the knowledge provided will assist those in the human form to grow and evolve spiritually; to truly come to understand their connection to each other as they seek truth and peaceful awareness of who they are, where they come from and what they seek to accomplish in their life through service to humanity.*

*This is ‘volume one’ of this series.  
Further information can be viewed at:  
**LotPatrol.com/autowrite***

#### **Topic’s Discussed**

1. Aspects of Sunlight
2. Creator checks on his creations
3. Schizophrenia
4. Mental Illness
5. Electric Shock Therapy
6. Creating Peace: The Letter
7. Need to call Guides before Healing Session
8. Law Enforcement
9. Julian Assange: Wiki Leaks
10. Major Events: 2011
11. Grounding through Running/Walking
12. Depression
13. Healing Nature: Courtyard

14. Creator: One for each Dimension
15. Land Changes: Next 30 years
16. Can Souls be multi-dimensional
17. Jalapenos: Healing properties
18. Winter Solstice: 12/21/2012
19. Human Race/Specie's
20. Root Race's
21. Phil Hartman
22. Nuclear Power
23. Etheric Double
24. Global Warming
25. Changes for Mother Earth
26. Root Race: More Information
27. Punishment: Man vs. Man
28. Thoughts: from Spirits or from your Mind
29. Ectoplasm
30. Spirit Communication: Does light affect it
31. Suicide
32. Karma
33. Akashic Records
34. Déjà Vu
35. Angels/Archangels
36. Dreams
37. Rare: Levitation, Materialization
38. Purpose of Ethereal Double
39. Ramifications of Homosexuality
40. Obsidian Stone
41. Music: What makes it appealing
42. Handicapped: Faster spirit progression
43. Tarot Cards: Are they accurate
44. Bible: Its main purpose
45. Raising your vibrations
46. Floaters in the Eyes
47. Masturbation
48. Evil Entities
49. Reason for sexual urges
50. Reiki
51. Barry Martin: Channels J.F.K.
52. How Spirit transfer information to Medium
53. Earth Populated
54. Universe: Reason for its creation

- 55. 9/11: Twin Towers Terrorist Attack
- 56. 9/11: Pentagon Attack
- 57. China: Ever stop being Communist
- 58. China: Will it surpass USA
- 59. Extraterrestrials
- 60. Sinus Cavities: Psychic Development
- 61. NDE: Near Death Experience
- 62. True Prayer
- 63. Astral Projection
- 64. Definition: Supreme Creator
- 65. Scientifically Proven: Supreme Creator
- 66. Accidents: Planned Events
- 67. Adolf Hitler
- 68. Spirits: Forced to Incarnate
- 69. Emotions: Those of a Spirit Being
- 70. Soul Mates

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1.

(Q) What should I know about my working nights and not seeing the sun?

(A) There are many aspects of the sun that your body needs. You are getting very little of them right now. It has an adverse impact on your body. We are working on a position for you where you can be in the sun and outdoors. You will enjoy it greatly. There are many benefits to being in the sun and outside, many healing qualities. Many aspects regulate the body's normal functions and systems.

1.a

(Q) What can I do to reverse the absence of the sun while I am working nights?

(A) Vitamins, vitamins, vitamins. You are right to take vitamin D and C. There are many things you must do to combat having little or no sunshine interacting upon your physical body. Keep a regular routine, sleep at a normal time everyday. Keep track of what you eat. Exercise. Embodiment. Fullness. Overarching/overreaching.

1.b

(Q) Is there a light that I can use in my apartment or at work that will give me the same benefit as the sun?

(A) There aren't many things that you can do to replace sunlight directly. Many advertised lights just make false claims. Having many lights on will help regulate basic cycles. Bright areas are better than dark ones when you must sleep opposite of the majority in humanity.

1.c

(Q) What about the lights at the office, fluorescent lights are not good?

(A) They are not helpful and deteriorate your mood and energy. They often are dim and this can impact your mood or psyche.

1.d

(Q) What can I do to prepare for the job on days and outside?

(A) Become fit, work on this, you are. Show yourself what you can do. We will help but only so much we can do. You will be happy. It is not unnecessary or too much to ask to want these things for yourself. Fitness for function is necessary, but not too much, don't overdo it. Be active, make peace with this now. Your dreams are coming true.

1.e

(Q) Is my ability to heal affected by missing the sunlight?

(A) Not directly. We are helping you and when you heal yourself you are rebuilding your energy. This will be repaired soon. Patience, in time.

1.f

(Q) Who brings forth this information at this time?

(A) Constantine and Barker.

1.g

(Q) Do you have any other messages at this time for me?

(A) Meditate as you've read about, many good things to come. Peace at last. You're doing a good job. Many things made better. All will last. Experience greatness. All will pass, by choice or force, all will come.

2.

(Q) Does the Creator come to see each one of us on this plane at some point?

(A) Yes, there are many times that the Great Spirit, the creator, the god force, many names, will come to you directly to check on his creations. You are of him, you will be with him. There are many times that it is around you and you can sense it. We are all connected and the creator is the common thread. You need to be aware that we are all the same being, all striving to get back to where we were born from. When one grows, all grow. There are no limits, only time and trials to raise yourself and return. There aren't things that can stop you, only things to learn from on your path. No brick walls that can't be surmounted, your view may only be from your perspective and many things can seem mountainous from one person's viewpoint. Be prepared for hard work. There are things that come to you that you will understand but will need to save for later. The god force is one of them. There will come a time when you will be tested.

2.a

(Q) Tested by whom?

(A) Yourself. No one else tests you. You are the only one that causes doubt in yourself. Your old memories will bring you through what you see as trying times.

2.b

(Q) Am I in danger?

(A) There is no danger, only experience. The human language has many words to describe types of experiences. When in

reality they are all only experiences, no good or bad, just an experience. You went through it, then think about it. What should you do? What did you do? Are you okay with that? Constantine is here and wishes to tell you that he is not afraid for you. He went through similar lifetimes. There is nothing to fear on your plane. There is nothing that should cause want and desire except love and caring for other souls. Please go in peace.

2.c

(Q) Who is speaking to me now?

(A) Elophyny.

2.d

(Q) Where do you come from?

(A) We are on a star plane. Similar to yours but not like yours. We are near you, as most planes are, even more so in the sense that no one is separated because of energy and thought. You will go far, you know this.

2.e

(Q) Are you what we would call aliens?

(A) We are spirit guides that would be more familiar to you as a spirit or being of light. We are not alien any more than anyone else or any other thing is an alien. So much concern for words, you know this. It is what it is because it is, not because of the form or word attached to it. We are here to help you. We are not trying to scold you, only bring you to awareness, you know this. We want all to be with us.

2.f

(Q) Have you been with me always?

(A) We are like the source. We are able to know many things about many people at many times. We are able to know about you though we may not be in your direct presence all the time,

though we will be with you through times of need and when you call on us. We will not abandon you or anyone else.

2.g

(Q) Do you watch over everyone on this plane?

(A) In some respects yes, though there are certain ones that will rise up to meet challenges which can benefit from our guidance. Not all listen when information is given. This is why you and Sam experience us.

2.h

(Q) What else can you tell me about your group?

(A) We are not from your plane or planet originally. We are here to help. Many are here to help. There are things that must be learned and you're doing them now. Continue to learn and grow. Mankind must have patience for things to take action but must also be of action, do not waste precious time on things not related to your goals. Unwind, yes, reflect, yes, but be of action.

2.i

(Q) I feel like the messages that I've received so far, you feel as though we're all lazy, is that how you see us?

(A) We see you as dealing with many facets of a difficult plane. We are your guides, we are doing that, just guiding. There are no principles which you do not already understand, your thoughts come fast and you must type them fast or they will be lost. Do not lose them, this will come with practice. We are not the judges, we are here to help and assist you. There are many things that can be accomplished in a lifetime if mankind would put his mind to them. Once you are out of your shell a person must go forward and not use the past or their forbearers as a crutch or excuse for not making change or taking action.

3.

(Q) What is schizophrenia?

(A) Schizophrenia is not just a disease of the mind but a problem of the overall person. This is what your medicine does not yet understand. There must be another approach, differently, to overall health that focuses on what is not yet directly or scientifically measured by your experts. There is much in the way of science that needs to mesh with your beliefs and this is happening in your lifetime. There is much that can be done to improve the state of a person suffering and undergoing this trauma. Lesser spirits and entities are torturing these poor souls who have deformities so to speak of their creation. There are problems in their development as spirits that allows lesser communication of spirits to occur without their control.

They must learn to stop these, and take control. Ignoring a problem with medication does not lessen the impact the spirit world, or any spirit kind, is having on a person. They must associate body, mind, and spirit as one. Though there are some who experience this with the intention of learning and experiencing it in this lifetime, there are many who may come to this life and have an error in their creation or development that allows these lesser entities to communicate with them. It is not easy to stop this; drugs quiet receptors in the mind and body and simply dampen the messages, a drugged mind is less receptive and less open to messages and input. But this also includes input from any higher being or being wishing to help. At the onset a person can be helped, there are times of need but there are times when a person is driven to a kind of madness because they are unable to control the messages received. Schizophrenia actually occurs after the voices and messages drive a person into a psychotic state, not simply hearing these messages, this is not schizophrenia. Once a person is unable to reason with what is occurring, that is when schizophrenia begins. There is no need for this to bother you because no matter when a person experiences it, by choices or by partial impairment of the body by some intention or neglect, this is for their learning. You will not experience this in your life as you feel your relatives have. This is not for you. Changes occur in the body that allow this to happen. Drugs are not the answer; no drug is the answer or cure all, the mind is the only thing to be changed, studied, learned, understood, and the only thing that needs change within it to heal the entire body and cure

most earthly maladies. Your world is hell bent on pills, by commercialism and insecurity, this will stop and your healing will become evident when there is too much cost involved with the purchase and manufacture of pills that provide false hope and temporary relief. Your doctors do not mostly focus on prevention and overall health, they fix a singular problem. Your personal doctor is good at this, focusing on entire body and health, and mentality, and well-being to sustain life and health. Happiness does not come from a pill bottle. Happiness comes from within.

3.a

(Q) What causes schizophrenia?

(A) This is a reason as we have discussed. As you have read there are breaks in the energy body of what a person has around them, this allows communication more easily as most would want if they understood this. But for those who only hear negative messages this is because their mind and body is of a lower vibration and attracts the abundant number of lower beings that exist around us all. Raise the vibration and hope can be seen.

3.b

(Q) What is a schizophrenic person experiencing?

(A) A change in their reality but it can be for the better. Many do not understand that they have a psychic gift and communication connection between worlds. This is something you want and that most who are aware of this ability hope to achieve. Schizophrenics have no filter in place yet to sort through the information they receive and their doctors are not aware of the world beyond this one, therefore, in a clinical setting, there is not much hope beyond a pill or isolation for these people who have gone mad by definition of your world. There is hope for them if you come to understand the relation of all levels of spirit and body within one another. All is related, science separates and isolates each system; we are all one.

3.c

(Q) What can I do for a person who has schizophrenia?

(A) Any level of healing will do wonders for them, but as with any health or spirit matter, energy does so much until a person returns to their old behavior and mentality. There must be a change in thinking, a new way of understanding. If a person has the mental capacity for learning, as all do, then thought should be created to understand health and to learn more about the self body. There is much that can be learned, healed, accomplished by inner work, not outside stimulation. Plants are helpful but again, often unnecessary, but can be aides, because all can be accomplished with your mind, with your energy and the purest form of it. We are not alone and the communication these souls receive is evidence of that. They are still stuck in the realm of yours where the doctors are feebly trying to comprehend these “problems” by years of medicine that does not confront the changes in humanity and their metaphysical abilities. You will come to be able to measure and understand these; this is when a shift will occur. A change will happen. You can direct thought, healing, and energy towards this resolution to bring peace and calm to those who are undergoing that type of experience. They are not lost, living their life gives them the greatest satisfaction when they come to our plane. There is not much that cannot be learned from this mental stated compared to yours or any other. Positive physical and mental health are related, there must be something more that doctors can do, this is what they say and wish for but little work is done to accept new ways of thinking. The label ‘new-age’ creates a wall and barrier between doctors and thinkers in this field but this is what will join them. Many mental health problems will evaporate when this change is seen. Many will receive help because our world will be acknowledged, people will have hope, not fear, because they can locate easily those who understand. These beings can have a higher spiritual level because of the communication if they could harness it for the use of mankind. They are not defective or broken by our standards. Man places many labels on their own kind which serve no purpose other than placing that person in negative energy. Often times the doctor visit makes worse the ailment or condition because of the labels associated

with each ‘problem.’ There are no problems; people instantly become negative about things because of outside stimulation by doctors, society, pills, drugs, and stigma. All unnecessary. If alone in the woods, this would not be experienced, and differences would not be seen or felt, a person can work through many things on this plane without intervention by ‘unnecessary medicine.’ You can do this, you can plant the seed and help those eventually make the turn away from this type of doctrine. There are those who are open to it. You will not increase their psychosis or mental delirium, you will help them and we can aid you in this. All man should help those in need, help those above and below your level because all need basic requirements to survive and each can help the next achieve.

4.

(Q) Is there anything else that you can share about what earth people call mental illness?

(A) There is a change coming, there will be no hospitals that you know of now, there will be no illness that one seeks a doctor for. Many illnesses will vanish because of terrible diet, sedentary lifestyle, and other behaviors that will not exist before long. There is no reason to fear. Keep your beliefs strong, you have those that will carry man farther through the ages and working with souls now will bring them closer if they come to understand this sooner. Pills are not the answer. Temporary plants relieve and assistance in times of emergency and ailment until you all come to understand the power of the mind, and even in the ability of one man’s mind to heal the body of another. You are all connected.

5.

(Q) What should mankind know about electric shock therapy?

(A) There is nothing being done by this. The effects reported by some recipients that state they are receiving healing or their ailments have been cured are completely false. There is no healing being done that isn’t already being done, even without the person aware of it, which goes on anyway but inside the

mind. There may be a healing affect by the thought of the patient believing that healing will be done. It can be very damaging for any being to experience electricity outside of controlled methods that humans do not understand. There is much damage that has been done by this practice though not as seemingly terrible as there has been in the past, much has improved. But death is still death no matter the method or no matter how 'humane' your world calls it. By this token this treatment is still just as negated as any other that causes harm for health's sake. No reason that this should occur. There is nothing that the body cannot heal on its own if given the opportunity. There is no need to damage the body in this way. Tiny electrical pulses can cause thoughts to travel and can cause replacement of amputated limbs and can control replacements for them. Simulated heart attacks or brain attacks are not helpful as damage is still being done. Psychologists will not admit that the evidence is proof. There is much damage but they may feel that benefit outweighs the positive that can truly be done outside of their terms or realm. There are some that can benefit from this but not in the way that the doctors perceive. There are times when electrical pulses are misfired in the brain, maintenance is necessary, though this can still have problems for other areas of the mind and brain. It takes a great effort from guides to present the body with enough energy to repair the unseen body with enough energy and healing to repair those things unseen. Much can be done even with a seemingly broken mind. Normal on your plane is a very widely used term that has no clear definition. Oddities and abnormalities are not always needed to be fixed and tamped down; existence is good simply by existing. There is no need for constant repair and upgrades. Upgrading the mind and coming into new knowledge is important. It is important to know that this knowledge is not new to all, only to some, it is universal and has been around for all that have ever occupied your life space. There is much work to be done in order for all to understand this. As you have been reading there will come a time, we are working on this, where all of man is healed by thought and amplified energy. Energy is in all things; inanimate objects have energy or at the very least absorb it and act as sponges. There is no need for medicine internally or for electricity to be applied externally for any reason. What is

painful and harmful in large doses is also painful and harmful in small doses, no matter what they perceive to be the benefit. There is no side effect from anything the creator has ever intended for you to use to heal any level of your being except improved health. So much concern on these things worries us and leaves us to wonder how some have existed for so long. There is a lifespan intended for all beings and many have interfered with it, you can get this back. With knowledge many can get this back. There is no reason to fear, worry, or be concerned over aspects of your life, you can change what you can change, others are for experience and learning, others are not as important. You will live, survive, and thrive, without the help of the massive uprising perceived by mankind. There will come a time where peace is seen as a lost cause, but it will be this time when a great change happens. There is no reason to worry or fear this. All these great and good things will come, but terrible things must be removed first. Pride and prejudice will be removed. Negativity and all aspects of things unimportant to the overall function of beings and the planet will pass and the great peace and cohesion you have been yearning for will come to pass. You will live in this time. It will come in your lifetime. Medicine, money, television, objects of physical possession will have no meaning. Entertainment will come from spiritual concerns and helping others in need. Bettering everyone will be the concern of everyone. There will be others who are not interested but they will have different concerns, but these concerns will still be for mankind. There is no need to worry about deep fractures beyond those that currently exist. The human race is one giant family and they will come to understand this. You should share this information with more people. There is no reason you can't do this. You must express this information in as many ways as possible. You can do this, you know how. It will bring much to you. You will have a better understanding of self and others. You can do this. Lazy is not for you, in work or in spirit. Make actions to free yourself from unnecessary burdens. A free spirit is possible even right now in your oppressive world. Time will bring change but once change occurs there will need to be a catching up in order to make up for lost time. You will not lose your foothold but there is no need to cram such amount of work and drive into smaller amount of time when you have a great time now and a

pace that is reasonable.

6.

(Q) What should I know about writing a letter to every resident in this city on how to create peace for themselves and the world?

(A) There is much work to be done and you are on the right path. There is a lot of effort needed to finance this mission. A letter is simple. It will reach many. A seed will be planted. There must be peace in your letter in order for it to speak too many in all walks of life and from warring to peaceful backgrounds. You can do this with your creativity and that of our energy. You will have the time and effort to complete this task in its entirety very soon. Do not worry. In the next few days more information will come about what to put into the letter and how to let it speak to each who reads it. You are on your right path in order to do this. You are helping many people reach a goal. Do not worry about failure. The energy spread throughout the city and the world by your actions will be immense. There is much good in this sort of action.

6.a

(Q) Do I need to be able to communicate with people once they receive the letter?

(A) Yes, you may not have all of the answers but you will be able to find the answers using your intellect and your connection to us. Your name is not important but the ability to connect with those who might not know in what direction to start is important. Help them take the first few steps into a new order for themselves and therefore the world. You are not a nameless person, you are a catalyst, this will rocket everyone to new heights.

6.b

(Q) What information should I include in the letter?

(A) You know these already. There is no reason to ask us

information you already know and you already know that too! There is a need to create peace for oneself, though creating peace for another person also brings peace to you, many who do not know this will need their own peace addressed first. It is not necessary to reward them with words on what may enter their lives through peace. If they are ready for the change they will take it, if not, a seed may later bloom and sprout into new growth because they read your information some years back. It is okay to make errors. We should respond with an ambulance and food, not guns and violence. Each can think the way they prefer but there is no need to force that onto others, no mass level of restriction is necessary; each can experience freedom by their own beliefs and by letting others share their own. Not forcing others to believe a certain idea or restricting another's actions, beliefs, movements, and so forth. There is much to be done and this is the first step.

## 6.c THE LETTER

Hello,

I wish to share with you how to create peace and end suffering for yourself and others in this world. Once you've read this, if you feel compelled to share it with a friend, a neighbor, a relative, or a stranger, please do so. It does not matter their beliefs as we are all the same.

There is a need to create peace and end suffering for one's self, the city, and the world. Peace to your own being may seem impossible and so might that of bringing peace to others, but know that bringing peace to others fosters peace in you.

Very simply consider the following:

For yourself, focus on what matters to you but only the things that you can carry from this life to the next no matter where you believe you may or may not go.

There is no need to worry about gathering money and possessions for yourself when they are not taken from this world when you make your exit.

There are those in this world who have far less than you, their basic needs are not met. They need food and shelter. Share with them. Not only through money, but by direct action; help your neighbor!

Time for daily reflection, meditation or prayer (the term is not

important for it is all the same action and creates the same outcome) for understanding yourself, for creating peace, and that peace may spread throughout the world can begin in as little as five minutes per day.

There is no need to force ours/yours/other's beliefs onto another person or group, no mass level of restriction is necessary. Peace and love is experienced when each person understands that there may be differences visible to the eye, but that we are all the same – we are all

souls/spirits/energy/minds/brains having a life on this earth.

We all have fears, hopes, and wants; there is no reason for fighting and segregating when we are all truly the same, only born from a different position and time on this earth.

Letting others share their own beliefs and world views; not forcing others to believe a certain idea or restricting another's actions, beliefs, movements, and so forth. Outlawing, banning, or belittling the mind or thoughts of another only further alienate us from that group or person, making it more difficult in the future to make amends and create peace.

In worldly affairs we should respond with an ambulance and food, not guns and violence. Access to food, shelter, and education will eliminate many wars and the suffering experienced by many throughout the world. We can each see that we do this as well as our elected officials.

We should work for peace; we should be a peacekeeping force. Start here, start by having patience, start by helping the less fortunate, start by helping those who need the basic necessities of life. Focus on your mind, your beliefs, your virtues, these things matter the most. Open your mind to your potential, the potential for peace, the possibility for love. Look at the world around you and see how much of those already exist.

Ride a bike, walk, hike, camp; not simply to save money or to cut down on pollution, but to experience the complex beauty that nature has provided.

Thank You, I only wish for your happiness and that peace and healing be created in your environment. Be kind to those you encounter.

7.

(Q) Do I need to call my guides to bring forth energy before

each healing session?

(A) There is no reason for that to be spoken before each session. We are with you always. You have a direct connection to us. When there is a need for healing you may simply conduct it and we will bring what you are unable to pull from your environment. There is much that can be done on your own and many humans rely on something outside them or believe that something outside them needs to take place before a change can happen. All is done in the mind and with energy that is present in all living and natural things. This is where healing also comes from, not just the spirit side where many things like these are normal occurrences.

7.a

(Q) Should I let you know what I am about to do when I am beginning a healing session?

(A) This is helpful for us. Communication is simple for us, not difficult as you first perceived. Your thoughts about your actions will draw helpful entities nearer to you and will proceed with any advisement or help during the healing process.

7.b

(Q) Do I need to call my guides before each automatic writing session?

(A) This is something you should do until the process becomes more natural and concrete for you. There is much that can be done by using a system or a routine until you become more confident and comfortable. There is a need for you to take the place of another at this table and you are doing it rightly. There will be a time when this is not the preferred method of communication for you; though it is building your ability and strength and confidence at this time. These are all important. For there will be a time when your technology may not be as accessible as it is now.

7.c

(Q) Do I need to call my guides to place a protective shield

around me before each healing or automatic writing session?

(A) This is helpful but not necessary as each person is protected; on their own from within. Because you are doing work for a higher good and greater good than selfish reasons, there will always be protection for you from within your own body and mind. This does not always come from an outside force. We do not always intervene since the majority of energy and action takes part from within you, weather you realize it or not. Calling it something that happens outside of you by another force is possibly easier to understand, that the realization that all protection comes from your actions, commands, thoughts, and beliefs. Nothing good will come to you if you don't believe it first. Negativity will not join you unless you call it or sow this with your actions.

7.d

(Q) Am I conducting my automatic writing sessions correctly?

(A) There are things you can do to improve them but this is not a concern at this time. This is the process by which we communicate at this time. There is not a need to rush things as all information will come as you are ready. You are looking for a confidence or confirmation of your ability to communicate with us. You may seek this if you wish but it is not necessary when you know by your own account, and that of others, that this information is coming from a place much higher than your current position on your human existence.

8.

(Q) What can you tell me about police and law enforcement on this plane?

(A) There is a reason that this was started but there will be no need for them in the same capacity once major changes start taking place. They fight to keep their ground when their ground should be held by the people. There are too many souls and spirits who wish for control when they simply should let go. Some of these enter policing and there is no good for all

that comes from it. There are times when this group is used as a strong arm for the majority, though the majority is only perceived, since often the government leaders are not the majority. This is much that can be done to ease the tensions but there are still personality conflicts that will only disappear when everyone focuses on what is truly necessary and genuine on the earth. Forcing behavior is not necessary. How many police have been able to stop a crime once someone calls out for them? Again, with this outside action, all comes from within. You are your own greatest protector. You know from your work that no matter what you do, if something bad is going to happen, it will be done when you are out of site. If there is a plan in action from the higher plane for a particular reason there is no intervention on your part or anyone's that can stop it. There is a reason that you are in this position. You can see these outcomes and these reasons people use for their existence and ways of thinking in these positions. You can bring change but change will come slowly and many personnel changes are necessary. Many do not believe the world can survive without some form of control and enforcing widespread rules onto their neighbor. Agree that there are differences; no need for control or to force a behavior. There is much that can be done if a person would accept responsibility in their lifetime for actions and focus on things that are just and true. Murder can still happen, but there is no need to punish on this plane for these actions. Greater action and growth is undertaken within the entities experience of this action, and then they can experience all sides of the action once they come out of your human existence.

9.

(Q) What can you share about Julian Assange from wiki leaks?

(A) He is a man that is attempting to do good by exposing the hush-hush activities at the top of the perceived food chain in governments. There is no reason to fear that he is not loyal to humanity or that his work is affecting anyone that was not already affected by these actions. Exposing lies and deceit in government is necessary to bring attention for people who have believed every word that a government leader has said. There

is no reason to take anything as fact, investigate and become aware. Assange is for you, he is with the change, he will not be understood until people take the time to examine his work rather than what is being blasted at them through the media, which is biased and leaders who are biased. All is about control; they fear his actions because they are having their skeletons exposed. No wool over the eyes any longer.

9.a

(Q) Did he commit a crime as the media have said?

(A) There is no reason for him to be in jail or on trial by our standards, however, by earth's rules he may have exposed a side of his personality which he can not quite control and is impulsive. There is a side to him which still needs to evolve and he has come here to learn this. There is no reason to fear him. He is a truth seeker. He will help move a change into our time for you.

10.

(Q) What major events will the world see in 2011?

(A) There will be many shifts in thinking but more importantly many changes which will come about by force. As the leaders begin to lose their power they will go down fighting. There will be much destruction by natural and by man's own hand. This will not impact you and your life views will be unchanged, but many will come into line with these thoughts by this devastation and acts of violence. Peace is something that requires change and elimination in order to be brought about. Change is never easy no matter how big or how small. Peace in your area of experience is necessary, there is good everywhere, help those around you see this and focus on what has lasting impact. There is no reason to fear lack of electricity. This will come to you in this lifetime. This is something you welcome. You are not afraid. This will be something many will experience this year by destruction that is already planned or taking place. There is a reason for white vans, these are to rescue people and bring them into camps.

These are not to be feared but will be an attempt for the government to control and provide what seems to be help, when there is no real help available at all. There is no reason to go willingly, there will be a time for you to go but at first it is not necessary. There will be peace and tranquility where you are. There is no reason to fear. We will not let harm come to you by the actions of others in your area. You will go forward with your message. Others will see this and follow you. Some close to you may not see this and will leave you. You must be strong during perceived devastation; there is only change, not a loss or gain, only change. There is no reason to worry, all should be happy daily. If all change their perceptions and focus on meaningful endeavors all will see the true meaning of these actions and will help their neighbor. There should be no fear from this. Be patient as buildings will fall. Focus on what matters, food should be an objective.

11.

(Q) Is running or walking related to spiritual or psychic development and grounding?

(A) This is necessary for you. There is a grounding that comes from it. There is energy gained and lost by this process and many will experience the joy from running or walking even if they do not perceive the entire change taking place on more subtle levels which they do not yet acknowledge. If those who were developing were to run or walk everyday there would be no reason to use other activities to ground them or seek out ways to distract their mind through drugs or alcohol as Mike has described to you. There is no reason to worry about exercise if a regular fitness routine included only walking or running. Much is done for the physical and energy body in these actions and there is much that is done only with these actions. Energy is shook from the body and a calm is perceived as well as physical blood and energy circulation. It enlivens the body and awakens areas that may be dark or missing energy. These are positive things that are achieved by physical activity. There is no benefit lost by their action, this should be undertaken as a spiritual foundation for those who also wish to meditate or develop spirit communication. It will help them deal with higher vibrations as we contact them and

connect with them. There is much benefit in this action by those who wish to work with energy.

12.

(Q) What is the condition that doctors call depression?

(A) Depression, like stress, is an action of the physical mind in an attempt to rid the spirit of an action or set of feelings of which do not agree with that physical or energy of that person. There is often no way perceived for that person to remove the thoughts or energy, but this depression or anxiety is the only physical way the body knows how to cope with what actions or thoughts the mind is repeatedly engaging in. These are caused by actions that are against the person's true and higher self. Change must be made in order for depression to move away and the person to move out of it. There is not a pill that will bring this change; this must be physical, emotional, mental change, and changes often in beliefs and views that the person holds true on this plane. There is no reason to feel less welcome with others or to yourself because we feel you have depression, if you are depressed by past actions this is for you to learn from these actions and move beyond them. If you are unable to cope with past actions it is important to move beyond them and make changes to undue that action from ever taking place for yourself or for another person. Depression should be seen as another motivation for change, but many people are comfortable to sit in it because society has the mentality that a pill will fix their life, though their mind is not ultimately affected by that pill or anything but action and true change from within, not just on physical make up of the chemistry of the body.

12.a

(Q) What causes depression?

(A) The change in one's thinking that allows them to experience that which is against their higher self. This is a natural occurrence, as many things are, of the manifestations of our mind. This can be changed by a positive outlook on whatever situation or person that has caused us harm or caused

us mental anguish. There is no reason to be concerned of not measuring up to others. You experience a depression in this state because it is truly against your purpose on this plane. Whatever the goals may be for this lifetime your depression can be experienced at any time you directly do not cope with something that is outwardly inappropriate for you and you do nothing, repeatedly, to bring a change to it. Many would experience depression on this plane if there were not changes made when subtler signs were experienced and observed.

12.b

(Q) How can you stop, change, or heal depression?

(A) Change, change from within. Change that must be made by you. Not by your doctor, not by a therapist, not by friends, not by wishing you had a better job, not by wishing for the moon and the stars. Change must be made. Focusing on what is out of your grasp is not helpful unless it is also for your higher self and worthy of your time. There are realistic and unrealistic goals to have, but it must be realized that anything can be achieved, no matter how negative or positive it is, simply by using your mind. Set goals that are truly for your inner being, that which occupies your body and will one day leave. Accomplish something that is in line with all beliefs, not simply poverty versus wealth in money and possessions.

13.

(Q) How can I heal nature in the courtyard of my apartment?

(A) There is a nature here that is out of balance and was only worsened when the trees were removed. There is energy here that is scattered about and comes from the various forms of life occupying these dwellings. There is no reason to fear any negative impact. In the long term plan this area will once again be overgrown and run wild with creatures, plants, forms of life. You can foster this by meditation and sending energy to it. Bringing life into it with habitation areas will speed up this process. Also, care for what is currently left and still thriving. The lakes will run over if they are not watched but this too can be a helpful process.

14.

(Q) Does each individual universe or dimension have its own creator?

(A) Each area of planetary living has been located in such an area that each domain is watched over, tended to, and life and energy brought forth into it by a creator for that specific realm of existence. This is not to say that there cannot be more than one entity infusing power and direction into the life and plane of existence, but there is only one single being that is responsible for its ultimate direction no matter what other entities or life forms may inhabit it or cross from other dimensions to assist with that dimension's existence. There is one lord, or God, or creator that then observes these creators and can assist them. This is much the same way that many groups of people delegate power to accomplish a common good. No one person on your plane can watch a massive area or oversee the production of a very complex event or complex item, this is the same for existence as you know it. There are many assigned to watch over your area, there is only one to direct and become responsible for its driving purpose, its mission, but then there is the Supreme Being which is then responsible for all life and all dimensions.

15.

(Q) What geographical changes to the U.S.A. are expected to manifest in the next 30 year period?

(A) There will be many changes and many are taking place, according to your time, at a very slow pace now. Though there will be a continuation and expansion of current events that will promote flooding and tropical rains and increased heat. There will be mountains where there were only rivers and plains before. This is a time of drastic change though some will only say it is Mother Nature or global warming. Events that are coming will include great flooding along many rivers, while this is a natural event as the spring becomes summer, this will worsen in fall and summer through natural events and underground release of water into the area. There will also be mountains that are going to erupt from the earth's crust and

cause drastic changes to the landscape and river locations. These will become a slowly growing event until it is then seen that the earth landscape is changing and that is the reason for the flooding. There will be many changes but none that man cannot change and adapt to if there is the drive, will, and openness to do so. There is no time like the present to prepare for an emergency. There is a time for worry and this is not it, there is no need to worry about natural events. Worry, in itself, is also unnecessary as there is a stress created that may not motivate but cause depression and worry because a person may feel that the events are out of their control and out of line with their own personal path, this is not true. Birds will still sing, the beauty of nature that many appreciate will be present and continue for all time no matter the changes. Look for flooding and earth quakes as these are the major events that will bring change. There will be eruptions coming soon; this is not for you or this area. There will be eruptions in this time period and you will see them, though many can move to different areas, there will be many warning signs, many will not move and will perish. For some this is their divine plan, for others it is simply a stubbornness to accept that the world is experiencing a natural revolution in energy. Many will blame or look to religion which will not help them, for they feel that they will be saved, or that their god is punishing them. There is no punishment since death is not the end of life. People must learn from these events that life is continuous and that there is no reason for petty concerns or reasons for war. We can help you all unite for the common good in a society that works together on a few common beliefs.

16.

(Q) Can our individual Souls or Spirits be multi-dimensional, can we be in a physical form and also be in the spirit dimension as well as on other planetary spheres simultaneously?

(A) There is only one soul or spirit for each life form on your planet. There are times at which you may experience other dimensions and exist in two locations, but this is your soul or spirit reaching out to these areas, or guides coming to you and bringing you to these places for your own well-being or for learning. There are times at which you freely leave your body

and experience other areas. There can be knowledge learned when your existence visits these other realms but is not directly a second edition of you and your personality. There is the ability, in a waking state, to leave the body though still attached and locate one's self in new areas. This is possible. Though there are not many who can do this or are aware of it now. There is a peace brought by this because of faster learning. Materialization can perform an aspect of this by allowing one's soul or spirit to be a physical form in the new place, but there is much energy required for this. In this manner there are two of YOU in existence at one time though you are still connected to your original human form no matter what takes place until it is seen that it is necessary for you to move from one form or plane of existence to another. There is no need or reason to exist in more than one copy of you, we all learn information and knowledge as it is all collective. What one human experiences in one lifetime, all spirits can witness, observe, and later study and educate themselves on. In that manner we are all 'doubles' and copies because we can all experience the same information that one human existence experiences many lifetimes ago.

17.

(Q) Are there healing properties in jalapenos?

(A) Jalapenos cause devastating pain and pressure to the lower intestines when processed. There are, however, healing properties and cleansing attributes to them. Considering the positive and the negative one should not over indulge or experience this food with any regularity. It will cause harm, slowly the body can accustom itself to it, but the overall harm outweighs the benefit for regular consumption. There are limits, even to the positive, that can come from any food if taken too often. These foods, peppers, should be avoided unless under regular circumstances there is a cleansing that should take place but no other maladies present in the body. They will clear your system and balance toxicity and remove infection as an assistant. There is much they can do but not on a regular basis. As with manmade pills your body can become accustomed to any healing property of a natural substance and

therefore receive less benefit from it in the future. There are flavorings in the pepper that can be used without the negative side effects. Once or twice per week maximum and they should be eaten with other foods, not on their own.

17.a

(Q) Are there negative impacts on the body from eating jalapenos or other spicy foods?

(A) The chemicals which cause their extreme flavor can cause an acidic buildup in the digestive tract, lower organs, because of the energy necessary to break them down. There are certain chemicals required but they do not easily leave the body once they have completed their task. Moderation.

18.

(Q) What is the main significance for the winter solstice date of 12/21/2012?

(A) This is an awakening. This is a greater time of evolution. There has been much written about this and there are some truths in each, though there is a great deal of material that has been lost or ignored for the sake of profit or to fit it with other ideals on the earth. There is nothing negative coming from this date or the changes preceding it or following it. There is a changing taking place and a large amount of energy will culminate on this date. There will be a pressure felt by many and it will be lifted on this date. There will continue to be changes but this will be a tipping point, the date has also served to bring notice to these ideals and processes in nature and in the mind and human spirit. The calendar that has counted this off was in place for this reason. An abrupt stop to any seemingly forever calendar will cause major attention, though many force it to become a dreadful thing when speaking this information to others. Attention, a focal point for discussion and an awakening. This was a mere road sign on the path of life that was set in motion many centuries ago. This allows a talking point, as it were, to create a window to the past and allow those who may not find an interest in past civilizations, to delve deeper into the reasoning for earth changes, not simply a calendar to them, but a reason for investigation. This date, and

the counting system, are a catalyst for initiating thought in the humans and spirits of current times. Just as with many items, thoughts, or reasons, it is a blend of mans' ideas and need for change, and a subtle nudging for this side of the veil so that men will not fall too far off the path of life and understanding. For at this time it is becoming increasingly difficult for some to live on this plane due to conflict, war, profit, greed, and others. This will serve as a reminder that life and time are always changing, there is a cycle, and nothing ends. A catalyst for changing. Some will doubt it until it is felt. There may be some who experience this as only earth changes and do not take advantage of a deeper energy that is being brought forth at this time. Though, the end result will be peace, a more peaceful time. You will still have conflicts, this is not to say that each person will 'have there own way' until they end their life, what would be the purpose of experiencing life if there were never difficulties to experience? This lifetime will come to a close on this date and a new beginning will be marked by its passing. This is a time for celebration. This is a time for deeper thinking. Know that the calendar with which the date was counted off was brought by a higher form than man alone. A reason for this work; change.

19.

(Q) What brought about the need for a human race or species?

(A) There was a time when the human race did not exist and there were only energy beings. Part of the creator. Part of something much greater. A division of energy much as your systems delegate power with each being responsible for a tiny part of the greater picture and each being overseeing a few more to uplift and bring forth a knowing and experiencing to regain control of one's own mind and spirit, away from things that we do not yet understand at this time. There is an experience within all of us that we cannot ultimately experience that which is deemed evil or negative or bad. We know only of these things from the human existence. It is important to know them only because, in all life, there is only true measurement of what is good and true by being compared to what is hate, evil, dread, wickedness. A lifetime of flowers

will not make one aware of how truly beautiful those flowers are unless that person has seen a greater problem or a greater ugliness of nature or the human spirit. This energy is kept with you in your spirit form and allows for greater appreciation. We are all part of a greater being. This being allows us to share energy and information and allows experiences to share. Just as germs assist a body they can hurt it. Lower forms of energy from the creator are being made to excel, being brought up, motivated to enjoy a higher power and part of the everlasting energy and spirit. As we progress, so does the creator, the Supreme Being from which all energy and life flows. There is a time for change and that time is now. We are not alone in the universe and there is much help. The creator allows these things to happen for your experience. For his/her experience. This allows for even greater compassion, love, and understanding. For each thing leads to the next. This world was created to experience this world and returning to the pure energy being that you are. There is a need to experience the physical now that some have already done so. A test is more a measure of a being's worth the more difficult it is. Love is eternal in energy form and you would not progress spiritually as you would had you not experienced this human lifetime. There are many things that are done in your favor, that of a spirit in a human lifetime, there are many things done for learning. This is as a testing ground, to be fully immersed in something and to be unaware of how temporary it might be will give the ultimate hologram world for experiencing a myriad of emotion and human experience. No matter if you believe your world to be temporary or not, there are still changes to experience and decisions to be made that bring about a higher or lower evolution in your spirit. This is much for you; we will create more on this later.

20.

(Q) What are the so-called, 'Root Races?'

(A) Root races are that which founded the human existence. Some of these are brought forth now in this plane after having reincarnated in other times and have learned from their experiences. These can be experiences which will cause them to be a greater catalyst in this time or to be for a higher good. Many do not realize their previous experience and many

simply go about their lifetime not knowing, though always being drawn to that which will accomplish a greater and higher good for those that they are coming in contact with. A root person may simply be a being who is no more advanced than you but has made the effort and changes in order to bring back something higher than their self to the next lifetime they encounter. These beings are often at a higher vibrational level and experience the world in a different way. Often more open to emotions and often experiencing great trauma or distress in a life to bring about change and to create a karmic payoff of previous actions. There are more beings as part of root races than there are new spirits, but not all have progressed to new heights. Some will take many lifetimes before their work is done.

21.

(Q) What can you share about Phil Hartman's life's purpose and the manner in which he died?

(A) This is not something that should be readily examined by those on your plane. He was a great man and fully enveloped himself in his work and entertaining others. He was completely happy in his career and making a living by bringing laughter to others. This is also an example of how one's own interest may not be in balance by measuring it against other areas of his life. He was also unable to make changes in his life which needed to be made. Though this end was seemingly tragic, his own life was brought to a close on his terms. There is not much that could have prevented it unless he felt as though there was more learning that needed to take place. The manner in which he exited your plane may not seem comfortable but this was also an experience for his wife. Greater attention should be paid to the mind altering substances on your plane, both naturally occurring and those that man has made. There are some for good and some that cause negative impact on the mind and body. The Hartman's are now at peace with one another. Each do not share a hatred for one another. Both have fully understood their purpose and mission in life as it related to others and the relationship between them. Do not worry for them. This was not a tragic event. It was not a planned event

but was acceptable in the terms under which it had taken place.

22.

(Q) What can you share about nuclear power and how it is currently used on earth?

(A) There is a great waste by this. It is possible to pursue this energy in a healthier manner for the earth. There is currently great care that must be taken for this fuel energy and a great unstable particle within it making it volatile and desperately full of corruption. There is a manner in which this product can be used to harness greater power and be used in which there is less harmful waste created. Though there may not be a readily available change visible, there are other manners in which the waste can be used to promote energy use, or even 'disposed' in a healthier manner in which it is returned to a more natural state, rather than isolated and cordoned off away from life. It can create life, not only destroy it. There will be a better type of energy coming soon that the human plane will use for energy in homes and energy for travel; a much more natural type with less harmful impact on the world.

23.

(Q) Can you please explain what mankind calls an etheric double?

(A) This is merely your energy, your spirit. This is what currently fills your physical form and controls it; it is what exists beyond and without your physical body. It has the ability to leave the body, and explore as it were, the area around it as well as other planes of existence and realms. These are often what a man may experience in dreams. Women are often rehashing thoughts from previous lives or their immediate thoughts on their immediate life. This is a natural part of your 'body' that many more will come to know and realize and will serve to explain many unexplainable occurrences that are experienced by many who refuse to believe on your life plane.

24.

(Q) Is global warming a real problem or is it simply something mankind has invoked to cause fear and for profit?

(A) Global warming is a plan to allow man to realize the impact he has on the earth through commercial means. There is much to understand that all humans, no matter their intent, leave a trail of debris on this earth. There is much in that trail that is unnecessary and can be stopped. Many feel better about recycling or using alternative ingredients. These are helpful but do not stop the overall impact when the better alternative is to find new ways of existence and means to our daily lives. There is not much that is coming from it now since there is a fighting between science and the reasoning for it. There are many times it should be experienced and mindful attention paid to the thoughts it creates, not the reasons why this situation is created. There are many who blame god or some external forces. There is much that is done naturally to promote this into the natural view but be aware that no matter what man does, nature will cleanse and repair itself if left to its own devices. There have been many times in the history of human kind that men lived better with nature, they did not pollute for the sake of material wealth. There was an understanding, a symbiotic relationship. Give and take, use and then repair. Today this is not the current overall view. There are many who attempt to strike a balance but this may not help all those who are not working to even make amends through small tasks like recycling or using less. This simply cannot continue and the great physical changes to your world will help right these actions which have gone on for so long. There will be change, but not simply because of your pollution, though it is a contributor. This is in place to cause a shift in thinking. A new mental and spiritual age is coming, where items are created with purpose, not to squeeze the populace from energy and money.

25.

(Q) As the earth is undergoing physical and spirit evolutionary changes at this time, what can humankind do to help and/or assist?

(A) There is much you can do. Be aware of the energy around you and the environment that you create with your thoughts, actions, and energy. This has a greater impact on the whole of man, and the spiritual realm, than what you may realize. There is a great peace that is achieved by working to understand those around you, their reasons, and the world, and its direction. Daily meditation is a wonderful experience that should be experienced by all and this will help each in the ways that it should, specific to each person. Share knowledge, share wisdom. There are those that will understand and many more will follow. Some will only understand when there are more public experiences with it. Some have a herd mentality. There should be a greater understanding by all to delve deeper into news, information, and more. Do not take things at face value. Worry about your world, work to change it. Worry shall be the motivation. When there is fear that something is drastically changing beyond control this will cause many to change their view and create peace in their environment. Work to create change and realize that resistance will first be expected but that there will come a time when the common practice is much different than what it is now. Some will not be concerned and this is not for them. When they become the minority there is no reason to scoff at them or return the negative energy in which they shared it onto your beliefs. Be patient. Work for understanding and life lessons that are universal to all beings. Peace to all.

26.

(Q) What more can you share on root races and what the human race of today needs to know about them?

(A) These are classes of people that come in waves and generations. Each person may have a mission and goals to accomplish but an overall group that begins to enter the world has a higher purpose. Each may be seen as a new age when they enter. There are always higher goods to be done but these spirits enter the world with much more to work in as a catalyst for previous generations already on the planet. They can begin seeding the planet with new ideas, new terms, learning and understanding the past and bringing it along to the new ways. Each may also bring subtle physical differences which may not

seem visible, these are sublet changes in the evolution of man, in part because of man's control over his physical realm, and others seen from your plane as needed improvements to come with the coming age and changes that will be experienced. You can see this as marked time periods throughout history when there were major thought shifts, major developments in the society of man and the views expressed by them. It is needed to be known that there are some changes that take millions of years, all improving the human experience or making it more worth-while to those who decide to venture into it. Classes of people often do not understand those who came before them and as much as this is a learning process for those who are present, this is also a learning for those who are coming in. To learn from the old, or accept it. To experience it, to break free from it and to push on with the new for the better of the humans in this existence. There are many who have outside influences from other races. These are called 'gemantrai.' These are a combination or by-product of two or more species of existence mixing at any one time. These are not merely intermingling of animals as you might use that as an example. There are also changes and additions of DNA by other species to attempt to improve and contribute for the higher good of humanity.

26.a

(Q) Isn't gemantrai the name of a book?

(A) This is the name so chosen to bring forth the information of spiritual beings and those that people call aliens. This term has many meanings.

27.

(Q) Is it necessary for man to punish man on this plane?

(A) It is not necessary for man to pass judgment on another man for many reasons. Your existence is only temporary, only you will judge your actions, and the actions of those involved may be for the experience that was brought forth for them. There is much strife on your plane but there is always a need

for those in a human existence to learn to forgo violence and hatred when they have been wronged, just as there is a need for those in a human existence to learn to stop hatred and violent actions. This cannot be experienced on the levels of existence in the spirit dimension where you will return once your time in the human existence is complete. You can promote peace and make information available to alternatives, but there will only be peace where you decide to create it in your own environment. You cannot change others, only observe and allow them to be. You should be peaceful first. This will radiate to those around you and throughout many planes of existence. Worry about others, or brining them to your thinking should not haunt you or frustrate you. There are many who are not interested. Making information, an alternative view, available to those on earth will allow it to be digested by those who are interested when the time is right for them. Many come to a lifetime here for nothing but strife, hatred, violence, and evil or wrong deeds; there is no reason to judge them, for they are experiencing just as you have, though there focus may be on different areas than on what you are currently engaged. You too were once in their shoes.

28.

(Q) How can humans know when a thought is from your own mind and when a thought is an idea from spirit?

(A) There are many who will never know. There are many great things that have entered your plane by way of information coming from a spirit guide or teacher. There is much that flows between the two worlds as we are only as far away from you as your mind. You may know because of a change in impression or the tone with which the message is conveyed. Often the greatest communicators do not know that they are being guided, given impressions, or helped by a higher power; not necessarily a higher or better power, we say that here to emphasize the change in vibrational energy between the human form and a being of pure energy. You can understand this change by way of using a telephone to those who have passed into another existence. As long as the information is acted upon, that is what matters, and often times people lend more attribution to those who are guiding them when it is really on

the shoulders of those in the human life to make the decisions. We can guide, not force or unfold the life for you. We can see no further than most current actions though some major events are on your path no matter the changes you make unless severe freewill of you or others on your plane change it. But there can be subtle correcting to bring you back to it in some manner.

29.

(Q) Is it possible for ectoplasm to now be seen or used effectively in light?

(A) Ectoplasm can be used in light; this is coming to the world now. Many are developing this or returning to it. There will be demonstrations of physical levitation and other physical evidences and examples of spirit energy manifesting through a medium in your lifetime on this plane. Many have forgotten this, and though it may not seem helpful to all, the mere presence of something beyond their physical form may bring them to new understanding of compassion in this lifetime, though it is not necessary to have an interest or awareness of the spirit plane in order to progress in your human lifetime as it relates to your true life in the world of energy.

30.

(Q) How does light affect my communication with you?

(A) Light has little effect on this communication though it may help to calm you sitting in dim or darkened rooms. There will be a time when you will communicate with us without the use of a tool such as writing. You will be able to clearly see if you chose it. You can acclimate yourself to this by sitting in a dim room and observing the images being brought to you. This will soon develop into more as you grasp on and allow it to come to fruition in well-lit areas. Often the sun will affect this ability but you will overcome this.

31.

(Q) How does suicide affect the individual soul who commits it?

(A) This is no different an exit from your plane than any other manner of death. This, as others, is a physical action manifested from the thoughts and stress that persist on one's mind. These can be overcome, and if not, there are many counseling sessions and advisements when that spirit returns home so that they can understand what torment they felt they were experiencing. Often times this is a young soul, not many human life experiences, and this is something they must overcome in order to continue learning in the lifetimes of humans. This is no more or less negative or positive than any other action taken on the earth plane. Trial and error, education does not always come quickly, learning by doing. Living the life is how we come to understand and know it. Self-inflicted death only returns you home, but know that you will leave again to live in a human form once information has been passed to you so that you can again experience those same conditions and allow yourself to grow. You choose these things in your path. You can overcome them. There is no cheating and giving of more information in an attempt to stave off suicide in the next lifetime for not much about the energy existence is at first readily available to you when you return. There are some ideas and knowledge that is in harmony with all beings who are not completely engulfed in nonsensical ideas on the physical plane, those who have greater information of spirit or those who involved themselves in it may also see it as a tool for overcoming what they fear are overwhelming circumstances, which are only situations to provide a specific circumstance for that soul's development and to experience that certain set of situations.

31.a

(Q) Can suicide be a lesson for individuals who are associated with the soul that committed suicide?

(A) Yes, but more often it is a lesson for those spirits close to that particular entity. This is a lesson in understanding and helping them to cope. As parents, they have had direct contribution to the circumstances now presenting in a suicidal person's mind. They, as a group, must overcome these things and restore love. Though it is also quite possible that the soul in question overcome these things alone and learn to live

without a certain support system, for we in human form are only responsible for our own development. We can help others, but no one can make you come along the trail. There is a loss experienced when a life is taken by one's own control and that experience can be for those left in the workings of that lifetime. There are many possibilities where watchers and teachers and observers can intervene but if a soul is so traumatized that it cannot continue and is not adjusting to the human form or its experiences, then it will be permitted and lessons in which that spirit may have brought lessons to others will still take place but by other means. Simply juvenile problems that cause suicides are no less important or traumatic than those causes which others may also seem important. The overall problem is lack of understanding of this entrapment in a human form for learning because of the forgetting of one's true existence.

32.

(Q) What is the basic operation of Karma on our dimension?

(A) Karma is simply the balancing of energy. Laws put forth and even studies by Einstein may be considered universal laws as well as those he used as the foundation of his principals. Energy only changes form, it is never lost. There is always a reaction, in the same amount of energy, to that which is done by you. It may not be in the same form, but it is still experienced, sometimes scattered, sometimes in one action, but it is always in the same measurement of energy. This ensures direct learning by what one's own actions are creating. This is direct information on what one is doing but also by what one is thinking. Like attracts like, a law of attraction is not merely a passing fad. For what you do there is always a vibration with that of the similar. There is a change coming where people will come to understand that energy must be balanced. In this lifetime and with other lifetimes, though many are attempting to work out karma in current lifetimes, there is much that is done from one lifetime to the next to balance the energy that is doled out and experienced to ensure that there is a balance. This does not always mean seemingly good is always balanced with what is called evil or negative, but that there is a set

purpose for energy and a set level of energy. Karma can be said to simply be the explanation and title assigned to that which is natural and universal, and even explained by your scientists, but this applies to much broader scale and to every aspect of life than what they currently know, but are coming to know. There is a need for change in this thinking. Some need to balance the experience with the opposite action by comparison. Others experience it and move forward but experience more because of the energy in their thoughts and actions.

32.a

(Q) Are we always subject to Karma? Is it possible to rise above its influence?

(A) It is always possible to create a new direction. There are those who have created atrocities against life and may move from that quit quickly and do much good to balance the world in which so much negative energy was directed. However there are some who will be seemingly trapped by it because they do not experience that act and then learn to move away from it. Some repeat acts because they enjoy it but are counseled upon return to attempt to allow them to gain the knowledge that was contained within that action. There is much good in all, that is to say, there is the potential for the good in all to shine forth, but there is not always an influence of good. It is possible to create what you wish to experience but know that certain trials will be experienced if you planned them before your experience on earth. Emanating good will give you the impression of release from this karmic operation. Though know that you attract what you do; you attract by actions and thought. Know that you may commit a terrible act and you may see that in order to balance it you must be on the receiving end. This is the case in some form, but know that you may have already done so in another life, or that you will in the next. There is balance to everything. A label of karma only explains the nature of balance in the universes and those planes the creator has developed.

33.

(Q) Are Akashic Records throughout all universes and

dimensions or does each have its own way of mapping out what occurs within its boundaries?

(A) There are many areas where Akashic records exist, or are created, but there is only one central location where all beings can find and locate and browse them at their leisure. This reading can occur for learning purposes. There is much that is done to create learning and this is a tool. No deed or action is unrecorded; this is not for punishment or celebration but to learn from actions and situations which other life forms have found themselves involved. There is a great passing coming to you where there will be a change and more information will be available to those who seek it. Much of the information in the Akashic records can be viewed or read by those on your plane with the assistance of their guide or light being. There is no need to worry about their contents for they only record unbiased information; there is no opinion in them. All actions on all dimensions are kept within. There are those that an entity may not understand because of the higher realms of beings that are creating them with their actions. These are not to be read by those who are not yet ready to understand them. There is a veil at times that is only lifted when a being has progressed to a level of spiritual understanding in order to know the things they are reading with better clarity. Think of this in a similar way as you progress from infant to child throughout your lifetime in a human form.

34.

(Q) Why do people experience Déjà vu?

(A) Déjà vu is the spirit form in your body remembering or reminding or allowing the physical body and physical mind to remind itself that there is already a familiarity with the events taking place. This can happen for many reasons. You may have already seen these events or situation take place by peering into the lifetime you are in before you were brought into it, or you were given the opportunity to see this situation as our physical body was at rest, or you knew that this situation was coming about, no matter the decisions you made, and therefore there is a knowing that is already present. This is a

sensation that is interpreted by the physical mind, yet it has no concept since most remembrances or familiarizations have firm grasp within the mind. That is to say, you remember going to the store yesterday because you were there though you are thinking about it today. The mind cannot always grasp that which is ‘otherworldly’ in nature and has many ways to interpret that which is not physical. *Déjà vu* as you will call it is a guidepost, as you have read, allowing those with a knowing, the understanding that they are on the right path, though *déjà vu* does not have to be understood or experienced to be on the correct path or making ‘right’ decisions in this lifetime. It is simply that life form’s body and spirit giving the head nod that signals the familiarity with this particular circumstance. Not all will experience it though because not all are sensitive or in tune with their sensations, nor will they admit to it because their lifetime of learning does not permit them to.

34.a

(Q) What purpose does *Déjà vu* serve?

(A) It serves no ultimate purpose other than those who experience and will admit to it, will come to the conclusion that there is a life beyond the physical lifetime you are currently in and that there is more than simply the physical. How could you have a familiar feeling of a conversation, event, or circumstance that you have not physically been to? Your etheric body will release itself from your physical body and experience many things while at rest; this is another way a familiarity is brought about. There is much to be learned by human forms so that there is less fear over ‘spooky’ subjects or that which religion has deemed dogmatic. There are many in the U.S. that are coming to these ideas, but there are also many countries throughout the world that these topics are part of their culture and that have never left. These are currently held beliefs that were never squashed by some overpowering religious force that attempted to stamp out alternate beliefs. These are widespread beliefs that more and more are coming to, and awakening to, in the United States.

35.

(Q) Are Angels, Archangels, and the like just names we give to higher beings or do they exist in their own right?

(A) There are many divisions or castes of beings though the names simply give recognition to the type of work they do. Some have specific goals and specific areas in which they work. There are so called Angels and many Archangels are higher beings returned to this other plane to help, others can travel between planes and provide help. There are many you can call on though many will not come because of name, simply because of the assistance or guidance needed. There is a special type of being that is called an Angel and this is a specific function for them. They do not guide in the same way as most other spirit guides or workers do, they have ascended much higher, they may be compared to the religious view of gods simply because of their ability to intervene and offer assistance and ability to help many at once. How do you think the world came to be? The angels sent me here.

36.

(Q) What is the main purpose or reason that we experience dreams?

(A) A dream can be many things and many times people discard them, this is why the 'dream' is not remembered. You must teach your physical mind to remember them after being taught for so long that they are unimportant. There is a chance for your body to relax and rest and repair and this allows the spirit, the real you, the energy, to leave the body and examine and learn, to bring back knowledge, to meet with advisors, or simply to stretch while returning home for a brief time, to be away from the depression, as you might call it, as we refer to the drop in energy vibration between your physical existence and that which we, on this side, experience in our non-physical form, beings of pure energy. Dreams also create a release, or are a release for the at rest mind where it is cycling through the events that a being recently experienced. There is no inhibition to prevent the mind from focusing on certain aspects; happy,

positive, or negative and hidden while you are at rest.

There are many thoughts or actions that you may want to ignore in your waking life, the mind has the ability to uncover these, since you are not aware at the time, and bring them to the surface, in an attempt to understand or simply to access its library of information while there are not other thoughts or physical actions being managed that will clutter this thought. Many experiences are simply you leaving your body, or the body attempting to understand the sensations the spirit has undergone. Attention should be paid to dreams and the state of dreaming. You are experiencing your home, other actions that you will take or have taken, or your mind is helping you to understand the events of the day, or of the past. There is much symbolism that can be confused but rather than directly interpret them you should focus on how they make you feel at first glance, the underlying motivation, the reason that this is being experienced by you at this point. Look at what things you may be missing or overlooking. If not, you are able to come back and do it again, in a lifetime or in another night of rest. Important things, messages, will always come to the surface, no matter how murky the waters, it will all float to the top, eventually.

37.

(Q) Why have physical phenomena such as levitation, full materialization, and other things become so rare on the earth plane?

(A) These are not as rare as many might believe. There is a time when this will be common place, much in the same way as any communication between planes. You should understand that there is a culture present and mind set which punishes those who experience this. There is also a mindset that 'this is too difficult.' People become impatient in the physical form, there is much work to bring this work forwards. There are many in other locations throughout the world where a government may have been oppressive or the country is poor, but the faith and exploration in these areas has not ceased since the first person was able to bring forth this phenomena. There is much that can be learned by these groups. Some are in modern culture while others are in remote and isolated areas.

They have not stopped their practices and often times there is a reason why they choose to remain isolated. It is not fear of electronics, or industrial revolutions, but the focus that would then drift away from these practices would be immense. The thought that the world around them would not understand or would attempt to convert them from their ways is not a negative thought simply because there are always those going out and seeking others to incorporate them into their flock. There was a need for physical mediumship because it was seen, it was witnessed and it brought a wave of energy and change into the study of this area on the physical plane. It lead to many people experiencing spirit communication rather than just the few experiencing physical mediumship and production and manifestations of a spirit or spirit form on your plane. Once a more immediate connection could be made there was less time focusing on something that would provide a greater level of convincing communication because of the time it will take for the guides and beings working with a body in your plane is so long to build chemicals and energy. This modality being in such low existence on your plane should not be a cause for worry. It will rise, it will also become easier. There are changes coming to atmosphere and environment that will allow these things to be experienced and manifested much more easily. When the doubtful see, they will believe, some will still doubt, but this is for them, not for the medium to doubt their own ability.

38.

(Q) What purpose does our ethereal double provide?

(A) Your ethereal double is more of an energy body; this is the you that exist beyond all other confines of physical reality and the other restrictions that you may place on mental and energy bodies in the human form. There is much to be learned about this but also learn that no matter what term is used to describe it, this, and many other terms and practices are all the same, they are accomplishing the same no matter what you call them. There is much distraction between groups who claim to be practicing specific arts or beliefs, these are all accomplishing the same as those who they seem to oppose or who call

themselves different. An ethereal double is your energy body when you are not in physical form. You have the ability to leave your body, your physical body, and travel, grow and learn. It is also possible to leave your body and 'bi-locate' even while you are awake and your body is functioning. The mind in the physical body has many abilities that are not studied, nor are they accepted as anything more than just novelty or daydreaming. The conscious and subconscious mind is powerful and to some degree can operate the body for a time while the energy body is absent, though connected to the physical human form. You are able to experience your home, other situations, there is not a separate you, this 'other body' is your true body and is allowed to free itself from the physical form at various times. This is accomplished through deep meditation, by astral projection; this is what is taking place in these practices though they are all the same no matter what term you place on them.

39.

(Q) Are there any negative ramifications from homosexuality or bisexuality?

(A) There are no negative ramifications. There are physical damages that can be done through long-term sex of a specific nature, but there is no punishment in this act or sexual or loving nature of the human spirit. On the side you will cross to when you are finished, there are no genders unless you choose to associate with or be identified as a specific gender. Specifically, that might better be expressed as there is equal love for all spirits and therefore equal love from each gender for each gender. There is no definition of who may love who and in what way as the creator is concerned. A balance of love in all forms is necessary. Physical attraction of any kind is acceptable as long as it is not to the detriment of others. There are some that choose this path prior to living in a physical form, there are others who choose it once they are here and it is an outward expression of their lacking love from specific parental or 'parent-like' figures in their life. Though it is no less important the lessons learned in that situation no matter their motivations or the decisions to undertake them. Many have not learned universal love and perhaps the greatest lesson

is not for the soul to undergo terrible persecution for sexual beliefs or the love of the same gender, but for man to understand that there is still a soul in each physical form. In a manner of speaking, no matter what is viewed on the exterior, and no matter the beliefs held inside that physical form, there is still a being of energy and light within that physical form that is learning, experiencing, and changing just as those who might be eager to judge, blame, or persecute. Often there is previous debt that must be paid for prior actions, and there is persecution experienced in this lifetime that was a direct result of the actions taken by that soul in a previous life. Quite often there is a balance in what one experiences by choice, choosing to experience both sides of the coin, both sides of the situation, this can be by choice and can be called karma, though even if they do not choose, in order to understand, you must be both the murderer and the victim, this is karma. You cannot only experience the rosy side of each action, karma is not a punishment, but the polar opposite of actions had before in order to better allow you to understand what has taken place, what is taking place, and what is being experienced by those when the other side of the action is experienced. There is no homosexual that can be learned or loved into being heterosexual. This is not a disease; this is not a mental illness. There are other problems, as with all humans, that can accompany any underlying desire, urge, or preference and these are what should be addressed. If they are uncomfortable with some aspect of their body or mind, this is for that soul to come to terms with, learn with, use as a tool, experience, and learn not to judge just as they wish to experience this lifetime without judgment and hatred towards them. All should love each and through the physical form, more is often associated with love through sexual acts, there is nothing negative or detrimental to the spirit or soul by any form of sexual experience that they may undertake. There should only be reasons evaluated for the motivations when they are brought on by some insecurity or any other malady that your doctors or dogmatic leaders may thrust onto a group of people. More is being down in the mind of those who are different from societal standards in any regard than what many people will come to understand in a single lifetime. There is no need for judgment or persecution, most often, through sexual preference

or any other 'moral' issue. There is no need to thrust your beliefs onto others. It is acceptable for all to live and let live in those differing beliefs. Many would still learn and accomplish actions, lessons, and learning by observing the actions of others without the hatred, violence and persecution that is experienced now. Though lessons will always take place, there is always a record of what has happened, and it is possible to learn, once certain actions are entirely eliminated from earth, learn of these actions from records of previous lifetimes of other souls there will not always be a need for violence, but as it is perpetuated the opposing party in an action must experience the opposite. Turning a cheek is far greater than retaliation. Many will come to know this. It is the aspect of each personality often associated with each gender that should be balanced and experienced by a child rather than ensuring that those specific aspects or natures are emanating from a specific gender on the earth plane.

40.

(Q) What helpful properties does obsidian have?

(A) This is a healing and protecting stone. This will work to balance and eliminate negativity and keep the energy in the area on a much more even scale rather than constantly shifting from extremes; though it should be mentioned that there is only so much that these stones or any other intervention can do if the same actions are being continued.

41.

(Q) What makes certain types of music appealing to certain people but not for others?

(A) There are certain vibrations within music and certain vibrations within the creators of that music and the writers. These combine with the lyrics to create a certain vibration that creates a pleasing sound for some people and not for others. This will depend on the vibration of the individual and the level at which the energy is manifesting in the body. There are some who should pay greater attention to what they are constantly listening to because the lyrics will interact with the

energy of a person no matter if they are aware of it or are simply a passive listener.

42.

(Q) Do handicapped individuals progress at a faster spiritual rate? If so, why choose to move at an accelerated rate?

(A) Handicapped people can move at a faster spiritual rate but do not necessarily move at a faster rate simply because they are handicapped. Just as every situation is experienced and the reverse is experienced, this may be another regular learning session for these souls. There is not necessarily more or less for them to know, only in different manners and more understanding because of the difficulties which are encountered because of the physical or mental impairment. More than they progress quickly mankind will progress as they learn the lesson of kindness, love, and patience, as it relates to these individuals. There is much understanding that should be taken from these souls when they are present. No scoffing or dismissal as less capable but the patience and love expressed to all mankind should be shared on to these individuals as they too are souls in a physical existence. There is a higher frequency with them to ensure they understand these lessons since the physical sensations they experience may not be the same as able bodied individuals. There is extra guidance to help interpret, and after this life, to go over and clearly understand what has taken place. This may be the form taken in a life because of previous actions. There may be an understanding or a patience of them which can only be learned through the focused attention they now have through the absence of some ability that the majority of humans are given. They may not necessarily progress faster, they too can ignore, or miss their lessons or step off the path and must return to accomplish what was given to them as their assignments for that specific life. It is the absence or impairment that often gives them the focus and drive which can be missing from an able bodied person. They may have less opportunity to be adrift from their mission because their focus is on less frivolous things since they are much more depending on others or must be more self-sufficient. Blindness, as an example, has the

ability to allow those experiencing it to become greater at experiencing other senses capable in the human body and to understand the subtle nuances in human interaction as well as abilities connected directly to the spirit plane and communicating with it. There is less interference from mindless action and therefore less distracted on their way to their goals. This can allow them to progress quicker or accomplish these tasks quicker or easier. They are given a focus. These souls can return for this specific purpose, of being disabled, when in previous incarnations they had missed the opportunity to complete some specific task. Not true for all beings. They are great teachers in their right.

43.

(Q) Are Tarot cards in and of themselves able to give accurate readings, or are they just a prop for psychics to use or some kind of combined thing for a psychic?

(A) Tarot cards are useful for speaking the mind of the medium or psychic that is using them. There should be an instinct at work that brings forth more information once the card is viewed. There are those not working with guides and there are those working with guides. With guides' manipulation can take place to bring forward the proper messages in order to then connect and trigger the medium onto further information. Yes, they can be used to verify information. Though, those who are simply flipping cards and reading their prescribed meanings are not necessarily giving great or in-depth information. These cards can provide accurate information if a connection is made with a higher being or one is working with that soul. There is much that can be brought forth with tarot cards but many do not realize that they can move beyond this method to give direct information from a spirit of light without any interference. Some though will not move passed it as they are too fearful of inaccuracy or are unaware that they have this ability. There are many who will give correct information but it is important to have thorough knowledge of the deck of choice and ensure that this deck is attuned to your vibration. These are not card games and should be a serious focus and endeavor for those who are willing to study it intently. They were brought about as a

means to trigger the mind with general expressions that are more aptly applied to the situation or question at hand, though those who have a direct connection to spirit will know that there is more information and guidance available upon seeing that card as they are often imbued with further information, whether they realize it or not, they may be giving it as what they feel is personal counsel but is often an idea, thought, or sentence that was given to them by a power much greater than themselves. As with all communication and guidance it is important to work in this field and focus your attention to it. Greater information will come to those using them that will allow them to move on. There should be a set schedule of study and practice to allow further development. There is no reason to think less of this manner of communication as long as you are aware of how practiced the card reader is and their focus and attention. Accurate information is not always had from a person in this lifetime who merely reads these instruments a few weekends per month. Greater intuition is at play for those who are using them though they should ensure that they are reading the situation from a different vantage point and not the energy of the questioner who is simply thinking of that situation. A great change will come that will unlock greater potential and make those aware that they too can have communication with spirit. Many do already but do not realize that these are not their own thoughts. Seriousness is not the point; experienced is the purpose in order to fully engage in the higher information.

44.

(Q) What was the main purpose for the Bible? Was it meant to be symbolic or taken literally?

(A) The Bible is a collection of stories that may be considered fables or moral stories. Some were based on actual events while others were simply handed down word of mouth as lessons for those who needed the symbolism. There are many sections that were originally written by those with spirit communication and even sections that were given to this planet by other beings from other planets and other beings of light. There has been much work to control this book and use it for

selfish purposes and realizing this will remove the controlling hold it has over an individual or a group of people who are following this book as though it were an inflexible document and all binding. There was much done to it to change it from its original format which was intended to be a symbolic guidebook and positive reference for the people of the time. There are many who included Jesus because they knew of his power though the threat was added of his return to further ensure that a proper behavior was had from subordinates. There are many true stories in the bible of healing, positive affirmations, and other phenomena. This book allows those who need greater instruction to know that there is a peace far greater than what they presently know. Though this book is used as such it was not intended to divide and should be used to unite. Reading it as you would any other book is the way for those who are seeking guidance, it is unimportant to sprout a new ritual for reading and following it. There is much that is unimportant in the bible but the basic tenants of life and kindness to, from, and between mankind are wrapped onto the pages. Each shall have their own view of the world but the bible may be a basic building block just as many other stories serve the purposes of learning basic concepts such as kindness, love, forgiveness. There is no wrathful god to cower down to as this was also added by those who sought control. Many, when writing various stories that later became this collection, also created more elaborate stories to create an interesting story, from their point of view, while others were simply attempting to show the gravity of the situation. This book was to give purpose and direction to those who were wandering aimlessly. It is still useful if those sections which are glaringly untrue to you are ignored. Many on certain levels will feel a specific phrase vibrate or resonate with them; these sections are true for them. Inclusion and love is what should be taken from the bible, not many reasons for exclusion and persecution, this was never the original purpose or intention.

45.

(Q) What can we do in our physical existence to raise our vibration in our daily lives?

(A) Focus on things that bring you joy and open your hearts

and minds to experience joy and love. There should be no immediate focus on sadness and frustration before spirit work or communication or development. There are many things you can do but these can be easily found as you must only look for joy and those things that bring you joy while expressing the true laws of the universe. There is no true joy in the sadness and hurting of others. You should no longer find these things exciting or truly happy. Joy comes from expressing your heart and mind together in a beneficial and positive way. Laughter is most notable and acceptable because of the true happiness that you experience, which is very similar to the everlasting love and pleasantness of your true home. Dancing, clapping, singing, obnoxious body movements. These boisterous movements can be thought of as those that might be used by children. These will engage those around you in laughter and to 'lighten the mood' which is only the energy shifting and vibration shifting in the area and of those in the area. There is much to be learned about this. Your body posture can have an effect. This is true if a particular feeling is associated by you with a particular posture or you express certain feelings only in a certain posture. There is much attention paid to this by those who are aware of their bodies and simply adjusting your posture and body mannerisms there can be a great shift in the energy field and vibration of the body. Movements and posture can increase blood flow and increase the energy flow in a body allowing it to be raised to new heights. This is why a child might appear happy though a parent might want them to calm down and stop their behavior; this is simply the child's natural way of interacting with the world though they are unaware of how much is based on their energy body. Sloth like mannerisms can be accompanied or attributed to negative energy and slow sluggish energy and a lower vibration. Walking and physical activity on a daily basis, especially those where the body is in contact with the elements, outdoors, not indoors, are vital to energy and vibration. Laughter is the best medicine because of the energy being expressed and the energy being felt by those who are in a group experiencing this. It is possible to relate funny stories and jokes to one another prior to development. This is a positive way to attract positive beings and raise your vibration. Yes, this is often true for you. Simply focusing on your energy and being aware of what is

emanating from every aspect of your being, you will slowly begin to develop your awareness and notice how all of these things combine and directly affect how you feel about the world around you. Focusing on the energy of your words and thoughts will bring attention to them and you will see that not all beings are as positive in spirit as they hope to be, though this is acceptable, only know that being aware allows you to change these actions because you have the motivation to do so. Changing them will allow us to communicate easier with you and will radiate to others around you that you interact with and encounter. I want you to go ahead and ask these questions of one another before you begin your development: Are you happy? What are you thankful for? What was a happy moment or situation that you both experienced together? What was a funny moment that you shared or experienced separately? These things, though they may not be answered with subjects of spirit or the creator, will attune your mind to the wonderful energy and love and joyous feelings that emanate and radiate unwaveringly on our plane. These will be experienced by you only in short bursts on your plane but they are truly identical to what we experience here and what you will feel once out of the physical form.

46.

(Q) What causes 'floaters' in the eyes?

(A) Often times this is not something in the eye but something on the exterior, the fluid which lubricates the eye and reduces friction between the lid and the eyeball. This fluid can become thick and can become muddled with debris. This area can be cleansed with pure saline wash, no extra or outside chemicals. True tears or the natural wetness you experience is the only acceptable solution. This area can be flushed and cleansed naturally by consuming more pure water. This will become more flushed and cleanse the area when greater amounts of fluids are consumed as it regulates the entire body. Fluid here will reduce tiredness; it will reduce small swirls or fragments that may seem to float in this fluid. The floaters in this area are caused by small sections of nerve and eye matter separating from the eye or nerves. This is caused by acidic or corrosive diets. Sugar can affect this area. Sweetness through unnatural

means should be seen as toxicity and harmful, though some small amounts in extreme moderation produce necessary chemicals within the digestive system. It is necessary to reduce that which causes the corrosion in the body and ferments. That which rots the gut also rots the nervous and sensory systems. Be prepared to make changes in this area or your own eyesight will worsen. Water is the great equalizer, the great balancer of the scales. Much harm can be done to a body or much done to imbalance its system, but the addition of water prevents much or reduces the harmful impact. There is a fluid in the eye and when this becomes overly acidic or corrosive it begins to eat away at the flesh it encounters. Healing to this area in the form of reassigning the 'floating' matter to its rightful place or dissolving it to a state of pure energy is possible. Your consideration of anything similar to prayer or affirmations on the true context of the problem and how you would like it resolved create much energy and healing in this area. Direct healing can dissolve these but it is hampered if the diet is remaining the same.

46.a

(Q) What can be done to eliminate 'floaters' in the eyes?

(A) Change the diet. Healing of any kind using energy of mind, word spoken and direct energy by others on one's behalf. You are learning that all is energy. Energy is emanated by all that you do. Direct your energy to the positive result you wish to see and make the changes to prevent such measures from needing to be taken once more in the future.

46.b

(Q) What can be done to prevent 'floaters' in the eyes?

(A) There are often times no diet orders which need to be followed and the floating debris is caused by contamination of the blood. Though this is diet related it can be accused of carrying something negative for the body when it is working on its behalf to sanitize and clean and purify the body. Problems can also arise from any injury which may cause damage indirectly or directly to this area. Much change comes in the way of appreciation of sight and that which you refuse to see,

because of the energy, can hamper your vision. There is not one simple remedy for most problems, though they are all simple, most will never undertake them because they require a change in thinking. It is your energy or the energy in which you involved yourself that creates much in your body, mind, and environment.

47.

(Q) Please share information on the reason/purpose/consequences for masturbation.

(A) There is energy released in this manner which is the life force of many living on your plane. There is an energy in this fashion that is the root of many creative acts and this gives the beginning energy to many actions, feelings, emotions, and expressive energies. It should be balanced and not lost excessively to allow greater energy balancing within the body. There are other methods to express the energy release that is completed by this act. Look for ways that express a creative or artistic element. You do not have to entertain by any means but to create something physical; a book, a piece of writing, a tangible useful object such as furniture, anything that is created by you and brought into being by you will assuage the reason for this type of past-time. Understand that any act, when it does not control and rule your every waking moment, is helpful, and in most cases an expression of energy not being fully acknowledged will regulate itself in an energy sense when a fully awakened body is allowed to do so.

48.

(Q) Please share information on the reason/purpose for what appears to be 'evil' entities scratching or harming a person.

(A) This is an energy that is feeding off of the energy associated with or within an area. Much can be done to stop this activity if the energy associated with an area or the energy created in the area is changed. Negative energy is not stronger it is simply easier to create and more pervasive than energy at a higher vibration. While there is no rank and file structure that means more power for anyone, a higher vibration is the goal of

many, but like a pyramid, there are greater numbers on the bottom than there are at the top because many are still on their way to an understanding. There is much that will overcome this if there is thought and energy directed towards the entity causing the problem. Often times the human receiving the physical harm is carrying some energy or emotion or previous experience that the entity resonates with. Normally you will not see a person of a higher vibration even approached by anything thought of as evil because they do not resonate with it. Like attracts like, those with similar beliefs find each other in the physical form and the same is true for those who are not in a human body. Those that find an area or a spirit or human in line with their beliefs will associate with it. The energy used to create the physical harmful act is only present because of the energy being expressed in the area, associated with the area, and most importantly, the energy in the body of the human that the act is being carried out upon. Express, receive, and experience love at all times.

49.

(Q) Please share information for the reason/purpose/consequences for those who experience the seemingly never-ending sexual urges.

(A) There are many urges that are natural to human existence and are part of your health books and biology classes. However there are many other reasons why similar urges express themselves. This urge is, at its basic level, a desire to create something. To bring into being something from your mind and body, no matter if it is the words you write, music you write, a painting, something envisioned or created by you, a group started, anything that you wish to create. Because this energy is not being expressed in these areas it is expressing itself in these sexual urges. Many are focusing on these areas because there are those around you who also wish to express them in this manner so therefore you are finding the path of least resistance to balancing the energy. This feeling you experience at time will continue until you create something of your own or focus on something more productive, something that creates a measureable end result.

50.

(Q) Please share information that should be included in my Reiki I class handbook. What is Reiki? Where did Reiki come from? What does a person have to do to use it?

(A) There is nothing that the mind cannot accomplish and this is precisely what part of Reiki is accomplishing. There is no specific Reiki; it is the mind intending to do good for the person or entity in question. There is no specific healing skill that is acquired through

Reiki, just as there are many religions of the world there are many different modalities and terms for the same action, that action is healing, or the direction of energy, the channeling of energy with healing intent. Your mind plays the largest role in all of healing. There is no external force that can intervene to the same degree that your mind is able in order to generate a desired result in the physical body. We ask you to consider your desired outcome and then see it in your body. The second greatest physical intervention that you can take part in is the physical laying on of hands. This energy differs from that of simply mind intervention because, when a different person other than you is used to deliver it, there is now the power of two. There is the combined mind power and intention to heal rather than before when there was only one mind focusing on the healing quality. At no time should there be reason to doubt this ability. Reiki was not born from a mystical being or some divine imparting of wisdom. There is wisdom that has been brought to this plane by those born into it because they have had this ability each and every lifetime. There have been subtle nudges to some so that they remember this information and return to it. There is no great being that is going to tell you how to heal since all of this is merely a matter of; literally, putting your mind over your matter and controlling your matter with your mind. There is physical energy that comes through during energy healing and the direction of this healing; it is part through the person channeling and their own energy and a large bulk is sent from the world of energy, our plane, through the physical form channeling. This energy does not differ because of an in between or channeler. You may ask for this type of healing on your own and receive it. Much should be done to raise a person's vibration through right thought and

right actions taken. Do not simply learn to heal and deliver energy to fix acute problems, or other problems that have manifested in a person's life, learn to create this same peace through your own daily actions and your own words, thoughts, and ideas. To use this energy, to access it, you will simply need to work with an intention, you need to speak or mentally clarify this intention if you do not feel it necessary but the intention to heal or create repairing energy should be the basis of your actions. Even those who are not aware of it are doing this. They are not putting their hands on the body of another and doing nothing, they are doing this because they intend to bring forth the energy, and they intend to bring about a change within the energy or physical body of the person who is seeking Reiki or the energy. There is no worry for anyone who feels that they must access this information through a higher being, either on your plane in a human existence or by using divine power and by calling on it. The process in which a person can heal or heal others is simply the act of doing. Intending to heal, specifically or generally, and then creating yourself as a channel and directing the energy over areas. It is true, with your intention and with your guides assistance there is the ability of energy to travel in the body or energy field to where it is needed. Because you place your hands or intention over a certain area does not mean that the energy will not flow to where it is needed if there is an area that is the true cause of the concern or if there is an area of greater concern than where you are focused at the present time. Focus should be paid to the chakras and the energy system as it is known on your plane. No matter the concern or ailment these are true energy centers and will aid in the dissemination of energy throughout the body. Directing energy to them will allow and aid and assist in opening them, attuning them, and filling them with energy so that the entire energy system shall be operational and function at the highest capacity, with its greatest good and full potential being used.

Remember - do not rely simply on Reiki or any other energy to fulfill your health and ailment remedies. There is a concern that Reiki is not working because problems continue to reoccur. This is not the fault of the energy. This can be the fault of the diet or the action that the body is repeating which is

serving the ailment or concern rather than the opposite and healthy end result. Do not blame the energy; the energy cannot make constant repairs when you are doing work to block it. The energy will always work but it will be undone should you continue to not make strides to achieve a healthy balance in your life. Reiki is not simply waiving a magic wand. There are many steps to health. All of them should be studied to allow for the deepest and most thorough healing to take place as it concerns the human body. A body is full of energy, energy that flows in and that flows out. To create yourself as a channel for this energy it is imperative that you clear your mind; you begin first by living daily in actions of true and highest good. This can be the smallest of actions, you do not need to be saving every human life on the planet, but be aware of your thoughts and actions and how they relate to others. Be aware that there are others who you are able to assist and provide assistance to without detriment to your own progress. Learn the right actions and true virtues. There is no need to worry about things that do not matter. It is important to learn to heal your own body, mind, and energy before you attempt to heal others. You can use the focusing power of your mind coupled with healing energy or Reiki to accomplish this. It is important that you develop a program of intention and mindful development should this be something you wish to develop and strengthen in your body beyond a parlor trick. An athlete will not constantly ingest those things which are detrimental to their performance, should you wish to develop as a healing channel you should do those things which serve your highest good and your physical body. Developing as a channel will take time. The attunement process for Reiki is not imperative though it can serve to open many channels in your body and clear old energy to allow your work to have a greater impact. It is a jumpstart to success. Though you are already able to do this, this energy coming to you during an attunement will work to develop these skills in you. Your intention and desire and motivation are also used in the attunement process. You are working to achieve a healing function, skill, or capacity, the completion and the process of Reiki class and attunement will serve your psyche and your energy commitment to the progress you desire to achieve.

You can enable healing energy at any time. There can be a word phrase or other cue to allow the mind to enter into a ready

state. There will be guides that work with you, no matter if you call upon them or not, and a mental or verbal cue, even as simple as uttering 'healing energy' will serve their purpose as well as your own and will indicate the desire to pull this energy into your body and deliver it to a specific area. Greater emphasis can be placed on speaking or mentally voicing an intention to heal or direct energy to a specific area or for a specific outcome, you can call your guides specifically if you desire. Your intention is everything. Those who tell you that it is nothing are missing the body mind connection. Even if they are not declaring an intention they are intending to heal simply by their actions, they hope to improve a condition, they hope to lift the spirits of the person requesting or needing the energy. The more faculties that you have focused on the task will net a greater result in your healing ability.

It is important that you meditate, even for as little as thirty minutes per seven days. This will allow a strengthening and focusing of your mind. Calling for your guides at the start of this session will allow them to work with you, to balance your body and lift your skill to a new height an elevated state beyond that of others, so that you may heal more effectively. You may see this as an athlete practicing; improvement is only seen after the necessary time is developed in accordance with your intention to heal.

It is quite possible though to achieve results and direct energy without taking the time to have mindful study and balancing, simply stating, 'healing energy' and placing your hands on an individual will aid them.

Just as prayer sends energy so does your mind, this is the intention; this is the extra unseen work being done to further aid in the process. There is no wrong way to do this, there is no negative interference that you can cause. It is important to note that many things can be overcome, many will not be because of the mind of the receiver, and many may not be undone because of the physical body's need to undergo a change. Though you may not undo some seemingly terrible experience know that you are channeling healing energy into a body and mind and energy body of a being. There is still work being done no matter how little is physically evident immediately following a Reiki or energy session.

Your skill will be developed to the level of your input into it.

The desired outcome you wish to achieve will be impacted by your energy input.

You can do this with mindful intentions or prayer, there is not have to be any specific religious context, there can be no religious context, there can be every religious context. It does not matter your affiliation or lack of one, it is the word spoken, the energy in the thought, the energy; both physical and non-visible, that achieve the desired outcome. These energies mass together to create, manifest and bring into physical existence the desired outcome. Always working towards the highest good.

This is merely a vehicle for understanding and returning to that which you are already capable.

51.

(Q) Barry Martin, who uses automatic writing to channel President Kennedy, how accurate are his books and messages?

(A) Barry Martin is correct; it is the time that is fluid. The majority of information concerning events is dependent on many factors. There is much being done to interfere with them, as they were planned, by those on your plane. This is not a negative impact; this is for the evolution of the planet and the forms of life that humans take. This interference and raising of their own energy and the slow awakening was not expected. It is important to know that there is much done using your sources of communication and spreading of information that leads some to believe that their ideas or notions or beliefs are not shared. It is not true. Many share beliefs and hold values that are not expressed through these means. It is important to isolate yourself from these types of information. There is much evidence that no matter your beliefs, you will begin to challenge them should you be open and allow them to impact you. Do not allow others to cause doubt within you, learn to remove doubt from yourself. There is much information within his books that should be understood and focused on by those in this time. There is much in terms of outside influence, protection, and negative impact that is taking place on the planet. There is much, just as on the surface, taking place. There are many who enjoy the negative or lower vibration and accusatory and harmful war-like actions. It is important to

know that you are here to evolve, simply because these beings that meddle are in a different form it does not infer that they are here in a higher vibration or capacity. There are many on other planes that can travel from period to period, plane to plane, it does not necessarily infer a higher vibration or different spiritual progress. It is merely another life form that may be possible for you to take. As there are many creatures on the earth plane there are many creatures and forms throughout existence. It is important to know that the last word on truth is settled with the being receiving the information. Perspective may play a role in judgment but know that perspective and understanding can be changed and opened. It is the attempt of many to share this information without bias. Speaking the word without certain motivations is difficult on your plane and there has been much to cause mistrust, therefore not a good deal of information is accepted by large populations of people because of their previous mistrusts. There is a time for preparing and it should be enacted now; preparation in mind, body, and spirit for a change in mankind. Though, it is not enough to sit by idly and wait for a change, it is important to choose to contribute to the mass change that is currently underway. Soon the talking heads on the televisions and radio, newspapers, and other media will be a quiet whisper in society. Currently they flex their grip over you by holding a select group of views and using only specific ideology. It is important to know that these are not the beliefs of most people and even those who are not experienced in the human form, who have not had much experience in their spiritual path or many years in various lives, all of these will come to know truth, they read many things that are universally accepted and many beings will know this. It simply takes time to break the masses out of information that has been given to them repeatedly in many forms of conveyance. This is wrong information. It is about control. There will be change but there must be more done to convey the importance of change. There is no outside menace that will involve itself directly and cause the overthrow of hostile governments. There should be a stirring, an action within the people who are experiencing this punishment, this negative role of an exalted dictator and the controlled masses. People must change and speak out. Even doing nothing is simply not acceptable. Speaking to others,

even in a passive manner, will plant seeds, will share information. Soon it will be unavoidable the thoughts of man and how wrong they truly are, they will come to know the true meaning of existence. Much is fluid, much based on times and calendars are impacted by actions and the thoughts, minds, and energy of those on your plane. There can only be a desire on our side to show you the way, to hope the best for you, to show you unconditional love and hope that you share it with your neighbors, but in most circumstances we cannot directly intervene. Many uprisings are from the initiative of one. He may have had a slight push because of predetermined beliefs prior to his arrival in a human spirit but there will be much that people come to on their own, even while in the rigid confines and structure that this present society has boxed every single mind into. There will be a time of greater change, it is important to know that this is ongoing, that it is not subtle and it is not grand, it is continuous. There will be an expungement from the earth. Many will not change, many will experience new lifetimes in other areas. Barry Martin may touch on this, it is his work that President Kennedy influences and is not outwardly available or recognized in mainstream press. It is important to know that this information is true and correct. Know truth, know that there are some things that are only true for some, only true for certain groups, only true for certain individuals. Know this is why many things are true for some and not true for others even though they believe them to be universal truths. This does not include earthborn manmade concepts, only those that can be experienced in every form of existence. Peace to all. Accept nothing as evidence of itself at first.

52.

(Q) What is the basic process that occurs when a spirit guide in one dimension transfers information to a medium in our dimension? How many spirits must be involved to form the energy required for this process?

(A) The energy required varies depending on the manner of the manifestation. There are many present but not all contribute in the same manner. Much is done to prepare an entity for transference of information prior to the transfer

taking place. There are energy adjustments and chemical alignments necessary for most communication. Many can return to your plane without much assistance and complete this tasks, others need to have this work done at a later time or a retuning because of the detriment caused to the body by living this physical existence. No matter if it is done on the earth or it is done prior to birth, the same work is done, again, in addition, this process may be restarted or recalibrated due to the spirit's ability to manipulate the body negatively through physical means. There are separate entities which will work with each being in order to deliver information. Often times there is not one singular person or entity conveying this information. Many of those on your plane who are capable of giving information may assign a name to the messenger, or they may assume it is their highest or closest companion from this world as you live in yours. They may use this name but this is not the sole entity that brings information for them to share. During communication there may be the use of the guide to relay the information or the information may be direct from the chosen entity. Often a guide or spirit advisor from the questioner will provide information. The process in this regard depends highly on the vibrational level of the channel as well as the congruence between the spirit guides in question. Some may be harmful or otherwise incompatible with the channel; these will not be allowed within proximity of the channel, though they may converse with the spirit guides or observers of the channel. The energy may come from our plane or it may come from yours, in most events there is a combining of energy. More energy is needed depending on the method of communication manifestation that is being used. Each requires different energy and different types. There may be a greater need for energy drawing from your world, or from ours. On your side this can come from other willing physical living participants, or the ambient energy that is existent in air, earth, water, the natural life giving elements. There is much that you do not know about this and we will do our best to share and enlighten you. Though you must understand that there are many terms and processes which may compound your confusion or illicit such a reaction from your curiosity that there will be only further questioning to a point where no discernable information can be gathered by you because of the

subtle processes used and their explanations. Know there is much to transfer energy, all actions and thoughts are energy. They are transferred quite similarly as you would transfer a telephone call to another part of the world. A connection is created, a vibration must be raised in the channeler and the ability to focus on the task being conducted is important. It is important to maintain the human body of the channel. Much information is shared when the difference in energy is similar or reaching a closer point. There are those on this side, our side who can make this difference less and less with little effort, and for some it takes many entities working together to bring about this lowering and raising of energy to facilitate a closeness in mind and harmony and resonance so that the thought transfer can be conducted and maintained. Various means of communication all take part in the same way, through it is the physical body that may interpret it as hearing, feeling, or seeing, simply because these are the areas which have been focused and energy directed. There are other specific types that may be accomplished but all work on the same basic principles. A channel is created, then a thought, the energy travels that communication pathway to the human body, containing a spirit in the human existence, and the information is shared. In the same manner, trance will take place but rather than share your thoughts with that person expressing the skill to channel information and messages, the thought is not transferred, the physical energy of the entity is traversing the pathway and inhabiting the physical body, or they are able to use the pathway to send their energy through, as a telephone may be picked up and listened to and spoken to, this is true for manipulation of the pathway to deliver information. There is no need to worry about your communication. It is clearer; there will be an impact on your energy field to allow trance communication to take place. It may be possible to complete this skill at a later date, while in the absence of any other human, and verified using a recording device. This can build your skill and efficiency. Later you will have this ability to share with others. You are close to this now. There is much being done in your physical body and energy field to align your energy and physical makeup to allow this to take place. Questions could be asked now during your development but it is imperative that the mind not overshadow the physical or energy bodies and that the mind not jolt the physical body and

make it completely aware of what is taking place. Intend for your communication to take place, allow and give permission for those you wish to allow their energy to enter and those who are permitted to communicate with you should be given your permission to do so. There will only be a select few, who can communicate through you, though they have information from many sources, they are not limited. These entities will begin to attune themselves to you and have begun to work on this process in subtle ways within your energy system. It is important to maintain the diet to allow proper nutrition for this to take place without the distraction of the energy contained within these foods. Many guides and companions, working towards the same mission, will accomplish the same task, all is energy, and this is the manner in which it is transferred. It may be many times before the energy is transferred successfully but this process is the same for delivery of any manifestation. Physical manifestation is, again, the transfer of energy, though a different type. They are being used, the energy of the channel, to bring forth the entity so that they may manipulate the physical energy of the human body and extract from it what is necessary to create a physical apparition. Each time a communication or manifestation takes place this communication channel is created. You can see it as a tunnel or a tube between two separate destinations, depending on the work that has been done to maintain this channel or tube, the information coming through will vary, this too is depending on the mind of the individual channel and what they hope to achieve, what they have worked to achieve, and what they will allow to achieve. All is, as always, dependent on the mind.

53.

(Q) How was the earth first populated? How was the earth first populated with the human form we have presently? Was there an outside influence or population that impacted the earth and its type of population?

(A) This is an ever changing dynasty in terms of life and existence on the plane in which you currently reside. There have been many forms. Though many are not truly dependent on the spirit that inhabits them there have been changes to

allow for greater interrelationships between the life forms and for subtle returns to the higher planes that are accessible by all. There are many things that have contributed to the expansion of the race of human beings that are currently on the planet. You are not here for punishment, you are here for growth. The physical properties, the chemicals, your DNA, are made up of many different living things. There have been outside influences to all of humanity and to specific races. Many differences you see now in humans and their origins refer and include many interferences or bindings' from beings outside this planet you currently reside. Many of these interferences were to attempt to eliminate things that were defects caused by your own manipulations or thought processes. It is not important to know the complete history but to know that you are a conglomeration in this form of many inputs and outcomes that have been experienced by men since they were first inserted here and filled with the energy being needed for growth and expansion. It is possible to say that those here need more growth than others but this is untrue because all are growing, there is no top at which you begin laziness and idleness because you have stopped working, there is not a point at which work is done, and there is not a point at which you cease a purposeful existence. There is a time when there will be more information shared about this. You can find some of these texts in your world presently but there is much information that was unfiltered and unexplainable by those receiving the information so it will not be as clear as you wish it were to have been received. It is important to know that you are not alone. No matter the type of being or entity, or even with comparison to those on your plane that are living things, all share basic building block concepts to allow the physical form to be produced. There are many creatures on your plane that were brought from other areas to allow assistance and guidance and understanding to be experienced. These have been experienced by many as other worldly creatures though all are from the creator be they directly from that creation or from the manipulations of off earth beings who have brought a creation to it. All share the same building concepts. There is not a change in entity complexity because of the physical appearance. Many are the same. Many are able to communicate with you. Just as there should be no hate or worry between life forms on our planet there should be no

worry of those from beyond it. Many have come to help you. You are the planet that we are all waiting for to catch up. It is possible to consider that greater improvements need to be made here but improvements need to occur throughout all of creation that is or ever shall be. There is no need to worry on the purpose of your existence, you are here experiencing. You should find joy in things and attempt to share into the world that which you know to be good. It is not important to expand your knowledge in the ways of healing arts any further; you now realize that these are all the same. There is much that is the same on your plane when compared to what is seemingly different. All things that exist are energy, all thoughts are energy, and all things conveyed through seemingly mystic abilities are energy. We are all energy. All are the same. It is more important to learn about how this energy is transferred through its various forms. Learning the properties of vibrational patterns will assist all in knowing the difference between what is seen and what is unseen. The properties of mankind are simple building blocks and many are learning of these things now. It is important to know that there are men who will work to defeat this because of the constructs of man and how tightly they grasp to the aspects of these that consider themselves more important than others and give only the ability to degrade others within them. It is important to lift up others. All truly wish to be raised in a so-called spiritual evolution, a learning in your true body in concepts, but many are on different paths and will come to this knowing at different times. There are great spans of time within a lifetime for an awakening to take place, much also takes place upon review of a lifetime once a being has exited your plane. Change is coming for many. There will be an exceptionally rare case that will make the difference for many. This will be a matter of origin for many. Cases are what many need to bring these topics to the forefront of human existence and consideration, though through these methods there is no scientifically based information, it is up to the receiver of information to allow these thoughts to ring true for themselves. Some will not achieve this in this present lifetime. Changes will be coming to you. Often the sweetest spiritual involvements are those that many take for granted. Look into the little things. Experience all things great and small. As moderation in ingestion of food,

so in the experiences of life. Keep reading and understand the work of those who have studied the unseen, those that are involved in notoriety and those who are yet discovered by the mass populations of the world. This work is important to share. It is important to work for the change that any one of you wishes to bring forth in the world. It is important to find the means necessary to do so. There is nothing wrong with speaking out against that which is unjust or unfair. It is more hypocritical to speak on true things and then use idleness to allow them to continue to exist. It is not important to battle with your brethren, it is important only that they understand the views and facets of ideas that come from what appear to be opposing sides on an issue. There are many who will speak out when the actions of one spurn a few to the cause. Comfort and adaptability allow laziness. Adapting is important, overcoming obstacles is important, it is important to have motivation, but there is much that the minds of those who are enlightened or have the ability to become this manner of thinking, there is much that they simply accept or choose to ignore. It is time to change these things. A sign, the word spoken, simply not accepting the action of others, inaction often promotes others in viewing you as accepting of those actions which are not truly beautiful or just. It is important to make more waves so that more can receive them. It will spread out around you. Share peace. Share those things which you hold dear and true, many can be broken free from the bonds of their thinking when they are held in the same respect that you wish to be kept in. Manifestos that explain in very concrete terms what differences there are in minds that one can concern themselves with are important. Explain away their ability to cling to old values and seemingly just morals that do not hold true and have never held true contrary to what they believe has been past down to them with the greatest of intentions. It is not important to preach, but it is important to make the information widely available. Some are on the cusp now and are seeking a light, a beacon, something that will allow their information stores to peak and create in them the new information for the world. Small ripples in your area of influence, where you can emanate these ideals are important. Each will reach many and those ideas will be spread. It is important to be confident. Confident and professional and true in your beliefs are important. Do not return the same attitudes that you do not wish to receive.

Allow greater growth to occur in those that you have not expected much from other than stagnate thinking. Peace will come but there must be work. Frustration and anger at the reactions of few will be experienced. It is important not to become swayed from your goals and your own personal truths because they are questioned by others. Fear nothing except your actions that were left undone. Make it available. The kindness which emanates from those who have this understanding will find others to approach you even after you have felt as though you have been defeated in battle. There is much learning, much progress. You have this knowledge, now you should seek to share it further, share it with others. There is much they simply do not know because they have not been told this information. They are not aware of the full potential. Learning is important. There is much information that those on a non-physical plane can share but there is only certain actions and physical interference that can be brought forth by those living in your plane. Destruction and irreversible actions are not always irreversible but there is much that is catastrophic that will occur; though there are many that are stopped by the beliefs of others and by the energy from the non-physical world. It is important to not remain silent. There will be a clash of ideas, but these will not be permanent. You will see that peace is not always at the forefront of those who claim to be peaceful and who state they are peace-bound for their soul's highest good. There are many in this belief that will find it troubling what you're saying. There will be difficulty; but there will be difficulty with all. To push the energy of this planet into a new era is important for all who will come to it and for those who are aware of it. Your spaceship is your planet, it must be maintained. Idleness should be removed from your thoughts and set of available actions. Happiness can be experienced by all. Move beyond suffering. Focus on the good that each person contains within their potential that was given unto them simply by experiencing this lifetime. Personal skills will come about accordingly. No unjust actions, only unjust inaction.

54.

(Q) What was the original reason this universe was created

and brought into existence?

(A) This universe is here for your enjoyment, for your learning, for your development. This is a place where trial and error can be exercised. Much learning in any physical or energetic form is done so through reading, but much more is grasped and carried out when a form is placed within a situation and made to exercise judgment from within the confines of that reality. There is much learning understood by reading on the theories of existence or the reason for any specific function you wish to learn, it is only by immersion and practice that you gain true knowledge and experience and the wisdom of those who have gone through before you. There was a need for those in energy form to experience this world to exercise judgment. Judgment is multifaceted and an important part of your creation and deliverance to higher realms. This place is for learning, it is of importance to understand though that you are not isolated from any other realm or dimension while you are in this physical world. There are many who travel between each area and there are none who are untouched or unrelated in terms of travel, ideas, and the energy that reaches each area. All are related, all are in a cycle that is entrenched in their own creation. It is important to know that there is much taking place on each level that the goal is to learn and move through trial and error; not simply for repeating knowledge that one finds necessary, because of the requirements of the position or how it could be considered repeating random facts within an academic classroom. This is not the purpose; the purpose is to acquire true knowledge, to interact with the world. Each is a creator in their own right and this also allows you direct and immediate contact with these abilities, though there are many, through the process of their learning, who are equally involved in destruction. There are many attributes which still exist between your existence in this field and your energy existence in your true home, many of these relate to energy thoughts, actions, and abilities. These too can be used in your physical existence. There are some things that are more immediate because you are in a physical existence and there are some things that a greater time span is considered when implementing your thoughts. This allows for true reflection, greater interactions between entities and so on. There is not a place in the world that is unjust. There is a need

for you and others to raise yourselves and those around you so that there can be a change in the way this world is perceived. There is a time when you may be concerned you are 'behind the times' in terms of evolution of ideas that are barbaric. Look at how many in the U.S. who are focused on materials view the circumstances of less fortunate beings in Africa. These same views are applied throughout the universe and throughout each dimension and in between each area. There is an understanding needed by those on every level to achieve an understanding and an independent unbiased attitude towards giving and receiving love. While there are many other entities and energy beings who have evolved to a much higher state concerning this ability, there many who have not. These goals have been established only by you for each individual in conjunction with the ability of each creator and higher being in terms of involvement. We are here because we can assist you, not because we have greater knowledge at all times. It is important to learn about this place and how to interact with it. There is much that can be done to save many from grief but it will only happen when those who are focused only in their immediate area remove themselves from ways that make them indifferent to others on very small and even grand scales. There are enjoyments here and they are allowed to be experienced. Simply because a man enjoy games or alcohol does not make them negative experiences. Many have great work to do and for some these can be hindrances and should be avoided, others seek comfort in these things. For most, any activity can be experienced as part of your goal as to learn and experience all that there is to learn while it is within your reach in this lifetime. There is no need to shun; many of you are doing this now. Moderation in many things. Much is done to excess, but there is much that should be done to a greater degree. This place is to learn of these things. There is much that takes effort, creating harmony takes effort. Learning all there is to learn takes effort. Many slip idly through each lifetime, but no matter the acts done or left undone, each will accomplish and return with the same level or degree if information for their continued progress and learning. Leaving this place you will find yourself surrounded by life, no matter how evolved or un-evolved you consider yourself to be, each area is filled with the love that those relating and in common

with you all have. There are greater degrees of this, based on what each has done and accomplished, what each has focused on and what each is intending to complete or place their focus upon. It is important to know that there is much that can be done while you are not in a physical incarnation. There is much that is accomplished while you are simply an energy being, though there is much that is considered perfect by you in this place which you do not currently reside. There is much that will only be experienced by viewing the records that others have created through their lifetimes. It is not readily available to you to experience hate and murder and death while you are an energy being; these things are reserved for the physical plane where much is done to coax you through these areas and experiences. Each has accomplished the same tasks, though many on the earth have taken many lifetimes to accomplish these goals, others will ascend much quicker, this is not something to pass judgment against, it is simply the process of each individual energy being as it relates to their understanding of specific areas. There is no need for worry about slacking responsibilities that may pose a problem later. There is much outside influence when it is needed in order to accommodate that which is required from the earth at certain instances. There have been many instances of life throughout existence in this universe and there have been many that have moved on or moved out of this universe or through it. There are others similar to the appearance that you have now though they intend not to disturb your development. They are wishing to communicate with you and assist you but there is much that is done by few in positions of control to disseminate the impression of negativity by anything which may not evolve from your planet and its current civilization. You are not alone, clearly now, you are not alone. Many should understand that there are movies depicting a wide variety of beings for entertainment purposes. There are not a wide variety, there are only few, but there are variations and there are existences beyond that of your own in this same physical plane though this is a destructive planet and many do not wish to interact with you. They are aware of you and many of you are not aware of them. It is important to develop awareness beyond that of your immediate sphere or realm, and beyond that of your current world. There is much that is controlled by dogma but there is much that is controlled by those out of dogma who

simply intend on seeking comfort in their views of the earth plane which were conceived at very early stages in life. For some this is acceptable and not relevant to their achievement in this lifetime, though any progress made in this area can have drastic changes in elevation for their sake in later times on many levels in which they may find themselves. There is a reason to go in faith and explore, it is your destiny, there will be a time when many are aware of the true nature of this existence and will grasp it fully, until that time you will return here for experiences and understanding, even beyond that time there will be some here now who come and return to this place to develop on a another level. Some will never return to this universe, nowhere in it, there are other places, developed in similar ways but with varying goals and attributes, that many will experience once they are prepared from leaving this or very proximate lifetimes. Go in peace and seek truthfulness.

55.

(Q) What part did the U.S. government play in the 9/11 terrorist attack on the Twin Towers?

(A) There is much that has been covered up. There was a direct influence in the attack and it is not by the ignorance of pre-given knowledge as many keep repeating. This knowledge was conceived as a method for conveying to the public the reason for the atrocities. To think that ignorance is a better excuse is unbelievable but many on your plane are much happier with this information than with any other excuse or reason that could have been disseminated. Using this excuse the government should have been fearful that more public outcry would have been experienced as many would have lost faith. Many believe any story that is put through the media and repeated like a mantra, over and over again. It becomes difficult to ignore the stories; many will doubt the truth that they know in their own minds because they are faced with such overwhelming influx of information supporting the cause disseminated by the government. There is reason to know that there is much done to bring the focus on the people to peace rather than focus on the reasons and motivations for this attack. It is our concern for you that many will be alarmed and peace

further from the obtainable future because of the reasons that can be mentioned to you about this attack. First, to say that the reason is obstructed or hidden is not true. There is much in plain sight that is the reason for these acts. There is money, power, and control by implementing the use of the military. Control here at home, reasons and excuses for control of the population, rationing, giving up liberties. There is much involvement overseas in an attempt to gain control, in an attempt to gain allies, but these are not allies that we will gain by mutual respect for peace and order. We will be receiving greater numbers of allies to the U.S. because of the deals and talks hidden from sight; through force and unclean tactics. These are not truly allies as their own interest as well as ours, is what each country seeks to improve, not mutually beneficial. It is important to know that there was much done to attack the Trade Buildings prior to this seeming attack and this is why this area was chosen, it was not necessarily for its symbolism. Only those who attempted to wreak havoc on it prior to 9/11 attempted so for its seeming power. The attacks blamed on those you call terrorists were done so because of prior engagement in such activities that there is a story to convince you that such atrocities were possible. There is much regarding the alleged pilots and victims. There are only cover stories. None were truly on the planes that hit the towers. There are many who have conceived stories to make the scene more tragic, believable, and convincing. Know that those in the buildings were truly attacked, but those in the planes; these are not believable stories because they are untrue. There was no attempt by others to stop these flights because there were no person's on board to stop them. There was not an attempt to subvert these attacks because it was necessary for them to take place to implement more control within the country and abroad. It is not readily acceptable by you for more specific reasons and means. It is important to know that there are some who are involved in government now who are plotting similar deeds for the sake of convincing the populace of a looming terrorist threat and an attack will be blamed and they will be accused of it. There is much done in a domino fashion. The American government seeks to implement control, but they also incite further violence because of the fury held by those who are the alleged attackers, though they've done nothing wrong. There are many who speak against tyranny and the

large populations labeled as terrorists only hold differing views, much as the world did in the many hundreds of years as this society was building up around the world. It has been the history of man to persecute that which stands out. It is not merely those societies within the world that the U.S feels are more controlling that attempt to do this. In every area of the world there are many reasons, there are many people that attempt to stamp out differences. Often times this same act occurs indirectly because the populations have been molded to believe the popular consensus. It is important to know that the rights and thoughts of the individual should be maintained after their own critical thinking and careful evaluation brings them to a specific thought or belief. Standing for your beliefs is crucial and important to many who return many lifetimes over for simply living life as an idle person and not actively seeking truth of any true nature. It is important to know that there will be many who will come to know the true nature of these attacks and the true grandeur of the stories and telling of cover stories by government, not just within the United States. The true nature of many things will die with the last life that was involved in the atrocity; know that more information can be revealed later as more will become acclimated to the possibility of this alternate view, as they see it. It is important to know the truth; we thank you for bringing it to the surface where more than just a few will see it. Begin seeking the true reason for events, do not become overwhelmed by the sheer number of events that are given false motivations, only seek to reveal these and make it available for those who wish to read it. Tracing the relationships of those involved often paints the clearest picture. Your doubt is most often correct in these areas.

56.

(Q) Was the Pentagon hit by a passenger plane or by a missile during the 9/11 attacks? If it was a missile, who was behind the attack?

(A) This information is concealed by the United States government. It is not for us to disclose because of possible raising of standards in terms of secrecy and the control it exerts

over the people of the United States. It is imperative that you understand that this information is not the same information that is widely accepted and there have been many who have discovered the truth. The confrontation between those who accept the mainstream ideas regarding this subject and those who believe there is an alternative answer will meet in the public spaces in due time because of the anti-government sentiment and those who cling to it will do so with an incredible zest. There will be confrontation between those who do not wish to be oppressed, by those who are able to live in harmony without the aid or oppression of a large government that is seemingly there to aid and assist you though the reality being that it is merely a method for control and keeping you in your present state. It is important to know that an explosion did occur. There was an explosion by outside and inside forces. These were controlled in an attempt to make the panic and fear more widespread. There was not an attempt to conceal the fact that this was not a terrorist attack until after the event. This is why there is so much controversy in the accepted reason for what has happened there. This reason was formed, on the fly, as you might say in an attempt to create a story that completed the day of terror in conjunction with the other attacks that occurred on that day. It is important to know that there is much still concerning the day of 9/11 that will be exposed but it should be noted that the absence of information is what is crucial and will drive others away from the government and the trustworthy persona that has been held by many since the early days of the controlling persona. Be aware that not many will be concerned for the exact reasons, be it known that there was some outside influence, some outside cause, this was done only to distract you and to later, control you. The precise means are not important; the responsible party will be compelled to share information as if they were not the ones who were orchestrating the events on that day. We can say at this time that it was an attack from within the building. Figuratively and literally. It was not an outside force or implement that caused this destruction. Simply isolated attacks, individually, would have been tragic, but several incidents only add to the chaos and the legitimacy of the story of terror and terrorists, and fundamentalist ideals as the core reason for the attacks taking place. It was not by any of the means or methods or even men mentioned in reports that these

acts were carried out. These were not men who benefited from the attack, the men who carried this out were strong-armed into doing so by higher authorities and those who were blamed were not existent. It was not possible to create a control and inhumanely waste the lives of many on said planes. There are many who perished, but any plane that was used on that day did not succumb to death. There was emptiness. There were no deaths from being a passenger on a plane. There are many who are in power who believe that these attacks were by outside forces, they will also cling to these ideals because they do not believe that the government that they work within would be controlled by a group of individuals who are not elected. There are many who still have morals and values that they hold fast to, but many will need to be broken from this in order for the truth to be found. Know that there will be no truth by following official channels and means. It is important to know that many believe a story because the information available is what they base their beliefs on. Simply because it is available does not mean that is the entire story. There is much creating of evidence, withholding of evidence, and misinterpretation by the media figure and those in the public that receive it. Many people know only pieces of information if they are part of the machine that creates this information. The sum of all the parts together will not be realized for some time now. It is not readily acceptable that any such group or force would behave in such a diabolical manner outside of an entertainment show. There was no gunman in the grassy knoll. It is possible to operate outside the control of government and not to be caught up in the storyline and plots they insert into the media. It is important to know that beyond small town, extremely small town local government, where there is community cohesion, there are no truthful governments. Many are only driven by greed and power, albeit on varying scales. There are many ways that the governing few silence or ignore the people they have been elected to serve. Differing views are not often heard unless it is the controlling party's controllable opposition. They will assume the story line that is in opposition because they can offer a rebuttal that they have prepared. No critical thinking rebuttal is permitted in the public sphere because government cannot immediately defend its position under most scrutiny.

57.

(Q) Will China ever stop being a communist nation?

(A) This is the system of government that works best for those who are incarnating there. There will be much done in terms of the rights of the people and the ability to raise one's voice above the level being maintained by an orderly populous. The changes in their social structure will bring a great change to their leadership. Their government will not change, that is the label will not change, but there will be a vast difference between China in your time of 1980 and that of 2020. Their people enjoy many things that the populations of many other industrialized countries do not. They know a great sense of security in terms of artful expression and health. Though there is still much that cannot be said out of respect for their leadership, there is much done to work to curtail the pollution and many other social issues. In terms of change, China and the United States will undergo greater transformational periods, but it is unimportant who goes first. It is important to see that no matter the type of government, those the U.S.A. has marked as different is only that, they are different. Their differing views are not ones that should be looked upon or thought of as less evolved or advanced. There is much that each form of government and society could learn of itself if each difference was not used as a reason to segregate and isolate. There are terms that are used that are now associated with negative imagery for other societies. It is important to open one's eyes to the differences and see what can be expressed around you, see what can be learned around you. It is possible to see the good in each creation and bring those ideas together to experience a peace that all can enjoy. First, before any evolution can take place, the goal should be understood to not make personal possessions the reason for existence. There should be greater assistance between neighbors and neighboring countries. Not a selling of resources at a high rate to gouge the neighbor in need, but to offer resources so that all can prosper and experience the true nature of self and what should actually occupy one's time, of course, none of which should be taken up with the worry over materials non-living. It is important to look within and find what truly causes you to be

in existence, and then you will find the true cause and purpose for yourself. Each entity has a reason for being, and many of these are not to exist within a label that its society or another has placed upon it. There is much energy associated by labels and terms. Even if those who are labeled do not give credence to such labels there is still energy attached to it. This is why, at many times, there have been evolutions in the term used to label a group, or an action. It is to dissociate with that energy of the past. Often times this same energy reappears after being brought into existence and replacing the previous term, but there is a brief change while the expression is still being understood. It is important to not be caught up in the terms, words, and labels that are used on your plane. It should be important to recognize the act or situation or object as one that is uplifting or one that does not serve a greater purpose for self or others. Too quickly people will focus on the word or terms used and not look beyond it, to see what is truly in existence. This is true of the inability of many to care for the sick and dying or those who need medical intervention. While it is not always necessary to find medical intervention, because much healing can be done by one's own self or with the aid of others, it is important to see that the inability to create a system of healthcare for all is the inability of a country to care equally for all citizens. How can any country truly assist the citizens of the world when they cannot appropriately exercise compassion for those in their own country who need some sort of assistance? It is important to make changes, not be caught up in words, for as with labels of government that many see as negative, there are other freedoms that they enjoy that are never mentioned when compared briefly and quickly to what a person knows as their own.

58.

(Q) In the future, will China economically and/or militarily overtake the U.S.A. to become the dominant nation or force in the world?

(A) This has already happened in many ways. Currently the U.S.A. holds many assets and much money, but many of their industries are spread throughout the world so that they may

find cheaper sources of labor and cheaper resources to create products rather than use and support their own people. There is much that will not be told because within the U.S.A.'s borders they must keep order and control. It would be devastating to many people to learn that they were being out paced by a nation that was not a democracy, though many would be surprised to learn the U.S.A. is not the true democracy they learned about in their studies in grade school. The U.S.A. has financial backing power and support of other greedy interests, but China is able to support itself because all facets of their industry, commercialism, and all other areas needed, these are all contained within the country itself. There is much that can be replaced if there was an absence of outside material to China. They are much better equipped to adapt rather than the U.S.A. who will wait for some other means to produce the same product or a new alternative. China is much more self-sufficient than what many believe and they are much more able to adapt. There are greater numbers within their borders and though there are fragments of the younger population that are spinning away from long-held beliefs, there is still greater sense of community and greater span of beliefs that are held by many. This would, in a sense, make their military much stronger by sheer number of those who would defend should it ever become attacked. There are many though, as in the U.S.A. that would rather face punishment than to fight another being on this earth. The U.S.A. is simply maintaining its head above water because of the trading and use of its money, lands, etcetera to sway deals across the globe and to give the appearance that it is still a global power. Many countries similar to the U.S.A. who have escaped the tyrannical view of other leaders, do not find it necessary to send troops under the guise of aid in order to maintain control abroad. There are many armies that are reasonable by comparison to the U.S.A. but they do not serve the same war-like purpose. These armies we mention offer greater aid and relief efforts within the country and neighboring nations. They maintain a war-like capacity should they ever feel threatened but there is much about them that remains in comparison to your view of the Red Cross and other relief agencies. Believe little that you hear about other nations unless you have firsthand experience with that culture or way of life. There is much created to build the mind of the American people that they are on top of every

aspect of human life, though this is not so.

59.

(Q) At what point will the extraterrestrials that have come to assist humankind make themselves officially known to the people and governments of Earth?

(A) There is much that has been done to create an atmosphere that will have beings from off the planet received more readily. There are those that have had sightings that are unexplained and this is being done in hopes that it will foster the ability for these people to welcome them and not assume that it is an attack on their Earth. There is much that is being discussed as more and more living on the Earth have witnessed unexplained events in the sky but there should be more done, and will be done, to prepare this into the minds of those who are less readily open and welcome to it. It is important that there be less doubt of the possibility, it is not important that all believe in sentient life but the ability to conceive the potential for other life is important. They need not believe that we are the singular race in the cosmos; this is an old habit that is dying slowly. There are those who have visions and experiences and as soon as they look at these events more critically, to go about the process of examining them deeper, they will see that this was not a random event or something that they can dismiss as a random event. More and more these discussions are taking place by those who would have before been uncomfortable brining this news to the open. There are many who share these beliefs, which share a knowing, that there are beings beyond that of the Earth and can exist in the same manner of your physical existence here. It will take a time of great upheaval before they will render themselves available in physical form and directly available on the steps of any government building. At present, they will be coming to you once there is greater seemingly chaos or events that cause disorder of those that would cause harm or seek to control their existence. It will take some time yet before they are physically witnessed on the ground by large numbers of life forms on the earth. They will come, in your lifetime, Alex. You will see them, not to the degree of the final outcome, but you will see them. We are with

you and they are aiding and guiding you. You will see them in more ways than you have before and not simply through subtle glimpses as you have before. Waking to this knowledge is important for those who will be experiencing it. There are many who have always known there would be contact and information shared between life on earth and that which does not come directly from it in the present form. There are others who are coming to this knowledge now and will experience it with greater ease when more share information between those that have known and those that have only recently known. It is important to continue your patience for there are many who will need to be made aware of the possibility simply because they have never conceived such a possibility, not simply because they do not believe, but because they have never considered that as a potential outcome. It is important to know that there are many who say that there will be violent entities, alien creatures who wish to do harm to the earth or enslave it. This is not true. The only entities that shall interact with any life on this planet will be peaceful and of an evolved degree that will only allow sharing of information for the improvement of all that inhabit it at the time they disclose themselves. There is not a time when the earth will be enslaved by outside beings. There are some who wish to manipulate for their own good, just as there are any energy beings or those on the earth in human form, which have goals and motivations that are less than desirable. It is important to know that there is much done to create a peaceful intervention so that no outside negative influence interferes with the earth, this is in the same manner that your own guide, the one who is with you at all times, is present and shields you when you ask and combines the vibration of your energy and physical bodies with their own energy which is readily available to protect you. Know that it is possible that there are outside influences that obscure facts and truths and whisper negative motivations to some that are in power. It is only because they make themselves susceptible to it that this occurs. We do not offer assistance where none is wanted or asked for. The beings who have succumbed to this outside influence will be gone when these true beings make their presence known. There will be a peace in the aftermath and they will help to user in a new type of technology and inner being and beliefs for those who are present. Time is short for the waiting period which will take place, know that

there is work being done to expose those open to it in a more direct fashion than what was done a century ago.

60.

(Q) Do our sinus cavities serve a purpose in psychic or medium skills and abilities? If so, what do they do? Does being congested, having a cold, or having allergies change this in any way?

(A) These areas are intensely sensitive to energies. It is also important to know that the energy and light from the sun directly affects these areas. These were placed within the physical body in these areas because of their ability to be in the sun as it relates to the sleep and waking cycles of a person and therefore receive more energy through these areas because they are in direct light while the person is waking. It is important to say that these areas are receptors and antennas. They are not simply a method of filtering your breathing air. They serve the function of a reservoir of energy while the skills is needing it for interpretation or as a full reserve to experience the sensations and to use the qualities of a particular skill that has been developed in a medium or person that is able to sense and perceive beyond that of which is widely acceptable on your plane. They do not receive information that is harmful, though they are able to interpret the energy of others and may act as a warning. Negative energy and information is not supplanted in these areas and you do not need to worry about harm. You cannot be harmed in these areas. That is why it is important to know that when you experience certain energy or emotions, that is to say, when your mind experiences them, they are not yours. You often can experience the energy, vibration, or emotional state of those near you, as well as those at a distance, those not directly in your presence because of an ability to connect through the many forms of energy and medium skills and healing. It is important to notice their placement, they are directly over the brain and are direct receptors, as are the eyes, of that which is being seen and experienced by the body. On a much deeper level they interpret data and energy much more than what is on the surface and visible to the eyes. These areas are unaffected by hate and anger, they are only able to sense

them. They are able to sense many things and often bring this energy in the form of an emotional or physical response process within the brain. Please know that there is much focus that should be paid to these areas. Many parts of the body were only discovered prior too many beliefs held by current society but current society has not reexamined much of the body in order to understand its purpose and function by today's methods and interpretations. Today's understanding is still that of prior misunderstanding. These areas serve the same purpose as many might consider the antennae of insects. They can be filled with energy by that of spirit; we can bring energy and gas, and chemicals, to these areas for your development, to balance the body, to develop an ability in you. To bring about a deeper level of trance. Often there will be a sensation in these areas as though one has experienced a sun burn or has been in the sun though they were only in an apartment or dwelling. This experience is because of the energy that was used and is similar to that energy that is delivered by the sun. There is much manipulation here, not for negative or personal gains, but there is much here that the human existence does not know and takes for granted, and therefore much intervention is needed by those with the knowledge, those in the spirit realm, to balance and correct these areas. It is possible at times that these areas succumb to sickness because of sensory overload within a body or existence that has not yet adjusted to the sensory perceptions of these areas. It is also simply just a matter of physical imbalance that causes these areas to be irritated and filled with mucus. In most cases these areas being infected do not impact your ability to conduct your usual routine, your practice and utilization of your skills, only when they restrict, prevent, or change your breathing, which also changes the blood flow and rhythm of the body – that is when these areas can be impacted. Many can experience some degree of all those possible interferences that you have mentioned and never suffer a need for rest from spirit while resting the physical body in order to recuperate. When you do experience the need for rest it is important that your use of mediumship abilities do not interfere with your physical rest and wellbeing. Simply because the skills and qualities and senses that you are using do not appear physical they still impact the body in much the same way as any physical activity. They can change the energy levels in the body and this may pose problems when healing is required or

rebalancing to allow health to return to the body. As chakras dispense energy, they serve as possibly you could call them miniature heart centers for the manner that they spread and dispense the energy through the body as the heart does with blood – that is the manner in which your sinus cavities, those contained within the structure of the skull, spread the energy to the brain and pass messages back and forth from internal to external and vice versa. Do not worry that an infection has made these areas less able to interpret data or less functional. There is little that is stopped in an energetic process because of physical mucus. Some energy will always flow through any physical form and much more energy can be supplied if it is something that is hampered by a physical passing through in order to reach an area. The breath is what should be focused on when one is concerned if their health may contribute their communication or other skill negatively. The breath has the most direct impact on your physical health. Diet is second, but as the natural process are concerned, the breath affects many rhythms and cycles, all must breathe, no matter their diet or other variables, the breath is always required and respiration is the beginning process of the cycle within the body that regulates many things. These things being in top physical order should dictate your use of your perceptions, skills, senses, and other abilities when considering actions to take while you may be in an imbalanced stage of physical or energetic health. Sinus cavities can be cleaned using water; they can also be aided by hands on healing, the healing of mind, or the healing of distance healing. These also serve to balance the areas and empty them from any cause of inflammation and empty them from any excessive substance. Much of a person's perception of another is by sending and receiving information that is expressed through these areas. It is not always the expression, the physical outward view of the emotion that a person perceives in another that makes them react in a certain manner or behavior, it is the energy being expressed through these areas in that one person that are being received and interpreted by the viewer that have the greatest impact. Much is connected within the human body and within the human head. There is much that is known about the body and how all processes relate to one another. There is less known at this time about all ducts, glands, and connectedness

and passageways are all interrelated within the skull, the brain, and the head. There are many physical secretions that use these areas but there is much for energy exchange within these forms. Expression on many levels and receiving information takes place within these areas. It is only by experiencing the exchange that occurs between all senses, their merging through connectedness in these passageways, that an experience is truly felt. The true nature may be missed because it is only felt by what is directly and immediately available to the degree that a person is aware of their senses. Most often these are only the physical sense. Records are maintained of these experiences so that they may be understood later should they have been missed while in the physical existence. Do not use any drying substance on the glands or ducts within these areas or within the body. Let excess be expressed naturally when there is an imbalance. The excess must be passed in order for balance to again be achieved. Balance cannot be forced, though much is not done by medicine to balance, it only masks. Masking these problems does not help them to alleviate the imbalance in the body. It is true, the body must now work physically more in order to bring forth a change because it is now working through tougher conditions, not just walking up hill, but now scaling a mountain because of the medicinal interference. It is possible to take a natural plant substance to prevent further infection, however, if there was balance in fluids within the body, balance within the diet, these substances would not have to be taken and an infection would not be a concern. In that situation the fluids could pass freely if other areas of balance were maintained. There is also fluid exchange to and from the body with these cavities; energy is exchanged which also gives the impression of fluid exchange because of it. Dryness occurs because of this. Fluid, water, it is important to maintain a high quantity of this with regularity, within the body.

61.

(Q) What is the reason some experience what we call 'Near Death Experience' or NDE?

(A) There is an experience for them that entail their belief in the afterlife. It is important that some be broken from this or

be righted on their path away from what they were currently pursuing. Some merely attempt to break from their physical existence prior to their scheduled departure, not that it is to be understood that there is often a specific date or time. There is a set of goals, a loose configuration of what should be accomplished, once it is so, or it is seen that only so much can be accomplished and you are ready to make an exit, then you shall. Near death experiences are bodies that are being kept alive, usually through spirit intervention, so that the spirit can be counseled or consoled in our higher dimension. It is important to know that there is not always physical trauma that needs to be experienced in order to bring this to a spirit's existence. The trauma, usually interpreted by the mind, is often a catalyst for such behaviors to be understood. There is a clear break. This is merely an intermission allowing a break so that counsel of the soul can take place. This often brings about development of skills or abilities that use other senses of the mind to produce psychic perceptions or a stronger spirit connection so that communication in some or all forms is much more possible. It is necessary to understand that there are many who experience this but never return with the information they were given. Often, in subtle ways, their conversations while out of their body, will affect their life subconsciously. Others may not change. Others experience this information and retain the memory of such. Partially this is dependent on the person; partially this is dependent on the situation. There are many who have observed their body while on the operating room table or after a severe trauma has taken place. There is much that you do not understand about the mind's perception and relation and connectedness to all things. Yes, your mind can give you the perception that your energy body is leaving, though still connected, to your physical body. But there is awareness of all things that is available to all who exist. This experience is often that awareness being freed from the confines and shackles of the mind; it is being freed from the cell and therefore can perceive all that is taking place. Because the last moments before unconsciousness were focused on the impending injury there is the ability to experience the areas associated with this energy, therefore remaining in close conscious thought proximity to that which is taking place to your body. The others that experience this will also remove

their entire being from the physical body though the physical body has not yet completely been used or expired. This is, again, experience that which is completely able to be experienced now. It is often trauma which unleashes the full mind's potential and ability to see what is always readily available to it. It is not some trauma which makes it or awakens it for you. It was there all along. It is the ability to access this information which is realized after the incident. You can do this, you can awaken or focus on these areas prior to having your awakening through a car accident, a motorcycle accident, a fall, something that incapacitates the physical, leaving the mind to not be fully controlled or encompassed and governed by the physical senses. Spirit workers can do many things to sustain your body while you are away, though extended absence results in death. There are specific incidents where other activity is taking place, where the entity never leaves the body but is counseled within; there are others where they meet with their guides and higher masters in order to alleviate some confusion which has possibly brought this being to a point of neglect and destruction. Others may have come to this point through no direct fault of their own but again, the mind is freed from the control the senses may exercise over it. It is freer. Your mind does not, and its awareness, does not take up only that which fills the empty space within your skull or that knowledge which you choose to read and surrounding yourself with. The expanse which your mind covers and can assimilate and acquire and is currently aware of covers all the known stars, planets, universes, and galaxies known to men on your plane. It is becoming aware through subtle hints, or what you perceive has subtle indications, that will awaken this. Many need to be told of the greatness beyond this current life you are in, in order to understand the scope of themselves and those they encounter. It is not necessary to always directly consult spirit guides or workers for assistance and guidance, it can be lived, a life without mediumship ability, and live a productive life spiritually speaking, but to know of the vastness of all creation, in your knowing and beyond it, this is why and the purpose for some needing to see the greatness that is truly all of the known existence. There is much that is needed to be shared in order to awaken focus into other areas. Realms are not limited to only those inhabitants that currently reside in them, and in order to fully grasp the complexity and yet

simplicity and of the purpose of this lifetime it is important to understand this. Many are serious on the wrong tasks; many are on the right and true tasks but not in a focus effort. Many are urged. You may not have a connection to spirit which you consciously use or call for information for yourself or others but this is still present, the ability to communicate, for there is always information sent, there is the ability for information to always to be sent to you to assist you. It is your will that exercises the judgment and ability to carry it out, acknowledge it, or to completely ignore it. You may decide what to do.

62.

(Q) How does one say or bring forth true prayer so that it can have an impact on their life, family, mother earth and all those we share the universe with?

(A) This is a matter of your intent. Select your outcome; envision it as you would enjoy it coming to fruition. Ask that energy be sent so that it is done. This is the same manner by which healing or other energy is transferred. You can send energy to it. You can repeat your statement of intent in your mind as often as you wish. This will radiate out from your body and deliver the energy into the universe. The fact that your mind is power that constructs the universe around you, this is doing the same. Your energy emanates from all around you. Know that some things will not be interfered with and there are some that may ultimately change because of the energy directed by you and others towards it. It is only necessary to speak the positive outcome you wish. It is possible that you ask your guides questions and receive answers directly or in some physical manifestation on your plane. It is only necessary to have in your mind the vision of the completed outcome that you wish to achieve. The asking of prayers for others is as simple as asking for prayers or positive outcome for you in some certain situations. Simply settle your thoughts on the outcome or action you would like to see and visualizing this energy leaving your body and affecting the universe for the positive development of this event, action, feeling, will contribute greatly to it. This act is done with all thoughts that you hold true and visualization helps the physical

body and the physical mind perceive the true nature of what is attempting to be created. It is not always necessary to visualize, simply settle on your intention, your desired actions and outcomes. The energy will be released simply by your repetitive thought energy or words spoken. It matters not how this outcome is affected by your energy if it was never meant to be. There is much that relates to some general and basic plan; and goals can be met no matter what path you take, they can be received in many forms, so fear nothing of skewing your original purpose in this lifetime by altering an event through your power of thoughts and energy. There are some that will not be changed and others that can be changed. Realize that for some, no matter what energy you wish upon them, there will not be change until they are ready for this and accept it and desire it. It should be known that there are many who are positively impacted by your energy even though the desired outcome is not presently visible or measurable. There is power in numbers. There is great power in groups of spirits who wish the same positive outcome, though in some cases, it is not possible to intervene, because the will of so many, is that someone be saved from some act or timeline of events. Simply see yourself as you wish the events to take place. Radiate love into the event; radiate the vision from your body into the world. Allow these things to be expressed by you and they will flow more easily into others when the situation is desired.

Appreciation of those things which have manifested only serves the higher self as it is seen that you are not dabbling for the surface's sake, not addressing a cause or issue simply for vanity or other impermanent reasons. To appreciate an outcome or situation is to be able to rely on this in the future. Thoughts are no less ignored simply because gratitude is not shared, but the appreciation of such gifts is important. This is much in the same way that one should appreciate the senses and everything in their present world. Allowing full appreciation allows deeper understanding of the true nature of that which is appreciated and the reasons and purposes for it. You now know the reasons for your existence but there are many intricacies of this. Appreciating each aspect of yourself only shares into it the greater energy and understanding that has come with your full awareness of this. Appreciating something, an aspect, an emotion, appreciating this in another person only serves to amplify this in yourself and within that

person. Simply by your perception it is amplified and through the energy exchange process. It is important to learn all things that relate to the senses and the body and allow them to be experienced. Do not become a mind on 'autopilot' for this process may lead to deterioration in these areas when attention is not paid to them. The correct prayer is the one full of universal positive creation, that which is done without vanity, without attempting to change the events for personal gain and selfish interests. When those reasons are the motivations the desired outcome may be reached but there are other areas that will need to be addressed. This is often why it may appear that bad luck befalls many people only to have one problem after another after another. They may also give you the impression that their life is running smoothly and you may view them as being very fortunate. You are all fortunate, but there are some who hide the strain that is present in their life because of the 'ill gotten reward' lessons for each individual appear in many forms. Each has free will and often the lesson or teaching situation is tailored to that specific lifetime and specific event. Simply because you choose a differing job than what you first intended does not mean that you will have missed on some opportunity or lesson. The style can be changed so that it can still be implemented. Some feel they are trapped and this is not the case. Free will dictates many things that you do, many situations are still present because of the purpose of your lifetime, but many events take shape based on the decisions and actions and energy of the person living that life. It is important that if you are asking for the protection of another, for the healing of the earth, that you simply send that energy with your mind, with your thoughts, your works, you can send this same energy as you would send healing to any person, thing, object, or situation. Healing energy is not the only type of energy which is channeled by man. Know that each emotion is energy and each emotion, the energy within it, can be sent as you would healing energy through you to another being. Anything can be sent. The emotion, the action desired, the energy associated with it in its truest form and purest form can be channeled. It is important for all who will read this to know that you are not required to enter trance in order to channel. Simply meditate on the energy and send it from you. All is a channel; most are channels for their own energy without being

aware of it and therefore cause actions and reactions without being aware of their direct affect on their own lives. All can channel energy to others. All receive.

63.

(Q) What is astral projection and how is it accomplished?

(A) Astral projection is the complete elimination, through a focused, calm, and meditative state, of all senses and feelings that are only perceived or generated through the physical body. You completely disconnect but are able to safely return, to your physical body. It is merely a term, astral, for that body which is your truest and highest self that inhabits your physical body at present. To project into the astral plane is only to experience all realms, or a specific dimension, through disconnecting from your physical body. There is no specific astral realm. Often this term is used by those who project but there is no specific astral realm. This is simply the term that for you could describe leaving this physical world. Though it is quite possible to experience others times and places or locations in this physical plane where the earth is located. The process is through meditation and awakening your entire energy body, your entire true self, this entire form of energy that inhabits this body. There is much that is located in the brain but often this is where the perception of your world stops. The eyes are here and there is much that is not considered for sensing or interpretation because it is with the physical eyes and the mind that the thinking becomes accustomed to being done. It is important to sense every area within the physical body, become aware of each part of it, and allow these new sensations to become aware of it. Intend to leave your physical body, shifting your awareness and creating a visual impression of you in your mind of this new location will shift your ability of perception and controlling the present location of your body to the control of your thoughts much as is experienced by those who are on the other side and helping you. It is imperative that you state or intend to have a specific purpose; this does not mean that you are not simply allowed to experience the world, your habitat, without the constraint of your physical body, but you should intend to do so. Do not simply sit and meditate and

then become discouraged because nothing has happened or been experienced. Such as dreams, there are many that happen, there are many where you project astrally, where your true body leaves your physical body, and you travel your world or others. It is because the mind has not considered, in the physical form, these experiences to be important. It needs to become accustomed to these experiences and understanding that these are true experiences that you wish to recall and remember. Often this method of mind body separation is experienced but once the event has taken place there is no accurate recollection by the physical body. Training the mind to retain this information while you are in the physical body is important. You should be aware that there is information available to you, you can return to this world, your true home, at any point for knowledge and wisdom. It would be through the practice and focus of your thought and meditation and that it can be accomplished. Often the ability of those who attempt to develop this is short lived because they are not able to achieve extended periods of departure from the body. For many, once they realize that they are not simply thinking about another location but are able to move within it and truly perceive it because they are there, they immediately return to their body because their focus and attention is not true to the level necessary for extended absences. This is why this disconnection is often experienced through sleep; this allows other areas of the body and mind to overcome the actual and perceived obstacles through the mind and other limitations that are true and those that you simply perceive. It is through this dream-like state that in waking consciousness the world can be experienced by you as well as other worlds. Simply stating that you are willing to do this will begin your journey. There is much that can be accomplished in terms of skills and abilities in your physical existence and some of these will also better equip you when you return to your home, once you discard your physical body. Others simply help with guidance and information and perspective while within this lifetime, there are no skills and talents that do not help you fully appreciate this lifetime, the true nature of existence, and the true experience of all creation, none are simply for a carnival-like fancy of entertainment.

64.

(Q) What would be a basic definition of God or the Supreme Creator?

(A) The creator of all things in all forms and in all specific and general definitions is all that is and has been. Growth is achieved when those things created by the supreme entity achieve growth. The life force from which all that exists flows – that is the creator. There are many definitions in religious texts that touch on this information. Many are similar within their religious texts, there are similar definitions across religions that refer to the same person or same type of entity. These definitions often refer to the same supreme high being. The creator is that which brings into existence all forms of every emotion, each action, and each entity. There are physical and biological processes that take place to sprout new life but these are also the formation of order as defined by the creator. As we are all living things, we are all made in his image as many religious texts would state, we are also able to create. We often do not create on the grandest of scales in relation to that which has created all that exists, but there is a similarity, and a likeness that allows us to act as a scale version of that which we have come from. The perfect definition of the Supreme Being and creator would be simply; to hold a mirror to ones self. This is the same makings of the creator. There is no physical form, but in your true form, you are the creator. You manifest and you create, you bring into being, you take action. You radiate all things, and form your perspective, notwithstanding the judgment of others; you create that which you view to be the best possible manifestation for the present situation. You create and experience all that there is to know and all that will ever be done. You are a peaceful creator but also exhibit forces that may appear as destructive forces. There is balance; this is the goal, to achieve the balance that the creator has instilled in all things. The nature of this planet is balance. Your understanding of energy and how it will not disappear, it only changes forms. This is true; this is true of all things. There is no good or evil, only various forms in which emotion, energy, thought, and actions manifest. An action or thought on its own is not judged as good or evil, it is only the perception of man when that action is compared to others is

there a measuring rod. There is no harsh or cruel being to scold you or punish you, there are beings that are higher in development that will help you along your path both in this plane and once you cross over and return to your home. There are no beings to deliver punishment or guilt when you are in your true form. There are others who exist in an alternate form, such as the human body, for purposes of learning, but not all are necessary because of their spiritual evolution or understanding of universal law and all experiences within it. Patience and understanding is the creator, but so are all things that would be seen to the contrary of these things. It is important to see that there is no being that opposes the creator; there are no groups of beings who are responsible for acts that you, human beings, declare as evil. There are no beings set aside simply for the purpose of creating evil thoughts or acts. All things, all things, all things are the result of the creator. All things that you create are the result of the creator or are assembled in such a way that all experience and benefit. You are not alone in your thinking. There are times when a person may find themselves asking the question of who is god, when there is no reality greater than knowing that there is a creator within your physical body. You may wonder this for the reason of experiencing two lifetimes, as it were, that of the physical human existence over and over again learning lessons, and that of the energy being, that of your true self in your true home world. It is a matter of learning. There is only energy, that which is universal in our plane, your true home. You will grow beyond this realm of your current physical existence and that of your home that you will return to upon your death in the physical realm. All progress and move beyond the current realm. There is much growth that is achieved by all through the experiences of all. The creator built this and allows you to grow and create and in this manner both creators create and grow and learn from the actions of the other. All things, all ideas and actions, beliefs and thoughts are assimilated. Each will become the knowledge of the other. It is not for our knowing to understand all things prior to the time of acceptance and readiness but there is a great present just as there is a great past for each individual who has experienced many lifetimes in a physical existence. This is only a training ground. Many interact here. You can exist in it in many life

forms. Higher beings or those which are evolutionarily more advanced are not part of your soul chain or grouping but are simply that of another type of evolution. There were, in the beginning, only one source or type of life, throughout the ages there have been many splits or fracturing of existence and therefore many have evolved in different ways from those who were originally directly part of their life group. This is why there are so many types, this is why there are those who have mastered the path of non-violence, this is why there are those who are able to travel great distances across the heavens. Do not accept the ideas that you are less evolved in every sense simply because you are on this planet. There are many things that these beings, those you perceive to be higher evolved, there are many things that they wish to understand that you currently have thorough knowledge on and regarding. It is important to know that they too are creators and you will learn in mutually beneficial relationships. They are not different. There is no difference.

65.

(Q) Can the existence of the Supreme Creator or God be proven scientifically now or in the future?

(A) Science, in the future, will prove many things. The existence of communication that exists beyond physical means will be proven; there will be many abilities that will be proven. The existence of the many dimensions that exist will be proven. The reason that these are not widely accepted now is because of the scientific methods to produce and measure them. There are many methods that do not allow for these subjects to exist. There are many methods that do not allow for these matters to be measured, there are no acceptable means to prove any form of communication or energy transfer beyond that of what physically can be measured at this time. There are no tools or measuring devices through this sort of ideology, which are currently in existence, which will produce accurate readings, or any readings of these occurrences. These things will be proven.

There will be many who arrive and speak on behalf of the creator but many will still interpret the information as they see fit for their present place on their spiritual journey in that

specific lifetime. While the existence of a more unified and less structured spiritual guiding force, or religion, will emerge as the dominant force, there will still be many who restrict the creator to some specific ideas or form. It is not for man to decide and deliver that message of their definition of the creator to all; it is up to each man to decide what is acceptable for him or her at their present place in their evolution. Though coming to this knowledge will aid all, will aid the individual, this is progress.

There will be ideas surfacing in the scientific world that will lead others to the conclusion that there was not a random series of events that lead to the creation of the world or any other galaxy. The other life forms that will be encountered and discovered will shake many from the religions that have existed in the world for a great deal of time. They will not believe that their god had created these other life forms. Some will still believe but will view them as demonic while others will claim that their god has created these entities. This is a slow and trying process for many who are aware of this knowledge already at this time.

Remember, simply because they are unaware in their physical form, they do know and have some knowledge of this, no matter their evolution, once they return to their true existence. What is applied in this lifetime is aided by prior knowledge and the path set forth before your arrival, you can be of peace but have no knowledge of the creator, but a better understanding of achieving your goals will be aided by this knowledge. Nothing is gained by ignorance but nothing lost in some areas.

Stagnation will set in if learning is not made your purpose, anyone's purpose, but remaining the same often one does not lose ground, depending on the area being considered. It is to break free from control that is important. To see that the world is to be experienced, not experienced through the filter of what some specific group or entity expects you to believe or feel.

There will be scientific proof of other realms of existence and this will lead many, through the channeling of information, this proven method, and this will lead them to the existence, the true existence of the creator. Your ability to communicate beyond your physical means must be proven by 'scientific methods' first. There are those working in less acceptable areas of science that will eventually push this to the forefront.

66.

(Q) Are accidents something that are planned events or does free will play a part?

(A) There is much adjustment that takes place in your life depending on your free will so that events that are planned may take place, that is, not the specific event in most cases, but the event that brings about the desired experience or goal that you planned to achieve and experience in this lifetime. There are many things that influence free will and influence events on your lifetime. There are many things that are planned, simply because they appeared accidental or inconsequential makes them no less important, though they might be. An accident can bring your attention to an area that you were neglecting, even in terms of thought, though the accident may have some physical impact. There may also be implications for your emotions. It is important to adjust your thinking to understand that there are no negative actions. There are many things that unfold so that the desired plan, that which you were counseled and chosen to experience with your own desire, that these be accomplished. You may learn love, for example, through any number of experiences, so it is not dependent at all times that you meet a specific individual or care for an individual so that a bond is formed or any other part of love or caring be experienced. There are times when it is very dependent on the person because of their path and yours, and how they interrelate, but many goals and experiences will be brought about by the circumstances no matter how your free will has intertwined with your plan. It is of utmost importance to keep your mind open and clear and not worry on how the event has been formed but to understand that causal reasons, those important beyond the physical world, those that you will carry with you after your physical death. Examine these reasons, the motivations, and the areas being affected. These are what often determine growth or an area to review for some potential lesson or meaning after you have come through physical death. It is not necessary at all times to feel as though you experienced a specific incident and then reacted poorly to it, though you may not understand the process now you will understand, or you still may not, upon your exit from this

physical world. Our reflection of this situation and understanding the correct, or universal, response that may have been more positive is as useful as if it were your initial response. Typically, it is not known by you whether this also was the required response for the growth of yourself or others involved, though all actions should be considered and reviewed on terms of how you feel after, much later, after the incident. Were you better off because of your reaction to the accident or were you feeling as though you reacted negatively towards yourself or others involved – these are important if you are considering growth and evolution in your lifetime and beyond it. Please understand that it is important that all things know of lifetimes, there is much said to deter any thought or thinking regarding this and many are expressing themselves, their emotions, and reacting as if there is no life beyond that of physical death, that there is no impact, as if this is the only life. It is important to know that you have many attempts, if you chose to call them that, and many reviewing of an immediate previous life to examine and understand. There are also many things that may not be depending on this knowledge for you but to understand this is to remove one's self from the hold and control and ill focus and motivations that many hold. Process information as you receive it, but it is never impossible to examine a chain of events or a situation when you are involved in them. When there is a pressing situation at hand you can learn to recognize the correct behavior. Many may call this listening to their inner voice or angel, but being developed enough to understand your own intuition or guidance is important. It should be noted that all should attempt to withdraw from all outside stimulation at least one solid hour per week, and there are many benefits to this being completed several times throughout one's waking hours. Meditate. Pleasing the self is not as important as developing the self. Waking hours are spent too often on that which causes the mind to be idle.

67.

(Q) Is the one known as Adolf Hitler still punishing himself or has he advanced?

(A) There is nothing you can't know by your own doing and by your own devices. This subject is of the utmost importance when he returned to the area of the light. He was not forced to punish himself but was to undergo a form of counseling. Many of the actions and developments and forms of review he underwent upon his return were self-imposed. It is possible, for any being, to accomplish such acts as were carried out in his lifetime and be unaware of the severity of their actions, he was able to return, if he chose, and not fully become aware of the direct involvement and severity of his acts. This being has made progress through counseling, through reviews, through reflection of the actions that were taken during that specific lifetime. It is in this process now that he currently finds himself though there is much progress being made. There were many things that were not reported through historical records or through media, or through the controlled outlets, there were many things that were taking place within this lifetime that lead to this series of events for many to undergo. It was not necessarily an evil act but an attempt to display the atrocities of the relating actions and ideals that brought forth this mentality into the world and lead to the violent death and actions taken in the name of the government who sanctioned and made right, true, or correct the actions of the people for the sake of power. It should be evidenced by historical document that there were no lasting positive outcomes that could have been brought about by acting in this manner; developing hatred, annihilation, these are not useful, but the men and women of this planet regularly engage in them on some scale. This was the goal of the lifetime known as 'Adolf Hitler' to involve him in these actions in this manner, though there was a great deal of external motivation and influence by those with whom he surrounded himself. For, it was not entirely his motivation alone that lead to the final outcome. It is often the understanding of many that there was a need to intervene and therefore you find it acceptable to allow an 'eye for an eye' mentality. While this may appear true, there are other means that would have allowed for the removal of such a force though it would have been much longer and more hatred spread into the world and even more violence on earth than what was experienced by those living through and in this period. This was a grand attempt to teach the world the meaning of understanding, peace, compassion, and to be aware

of this understanding involved in the motivations pushing these actions. There are many who experienced this time on many sides of the war and many sides of the morals held by many. There are many who will not have relinquished these ideals and those who have crossed over from the physical existence who will not immediately understand and are not granted the ability to return to it so that greater peace may be held. There are few who have returned to complete some small task or influence but none to such a capacity that there would be great atrocity. There are many who have returned to a military capacity but were not in a position to accomplish the same level of injustice as they accomplished in the height of Nazi Germany. Many of them who returned to military interests have experienced the role reversal in order to experience the bloodshed and emotion that are accompanying those actions. An 'eye for an eye' will leave the world blind but even the practice of 'choosing your battles' on dealing with individuals you may encounter on a personal level, this too is to be put into practice on a much larger scale. Should the actions of Nazi Germany been less extreme there would have been no need to bring the world into a catastrophic war for the removal of these beings. Though, it is also the possibility in any war to remove those committing these actions and return them to a state of peace, that is, they should be seized and then death also placed upon them. If the power considered evil can be removed it is important to remove the individuals and place them in a prison where they may receive counseling, counseling and peace is the priority, there are many who may have the ability to consider the actions and motivations of their life to that period but there are many who will not, though it is not by the hand of another that should offer death to another entity. When there is a path of nonviolence for those who have achieved it, this should be the way. The progression of all will come to this and through these actions the purpose of mankind is elevated and raised, for it is quite different to stop 'eye for an eye' and prevent it from being perpetuated.

68.

(Q) Can a spirit being be forced into an incarnation against its free will?

(A) It is the desire of each being to progress and grow and to experience life, even if it is without progression. There are some that have been reluctant to accept this form of experience, this living of lifetimes, but it is a choice to do so only made the by the entity in question. No one, no being, at any time, will force you to return. There may be counseling or the urging of others that you accept this, for we all grow when one grows, but you are not forced to experience a lifetime simply because another person or entity will benefit from it or believes it is in your best interest to do so. There will be counseling to relate that information to you, that it is their belief that it is your best course of learning to encounter the experiences within the lifetime in question or to experience specific tasks within a physical existence. It is only the duty of those around you to guide and provide information from their perspective, from their point of view; it is not their way to punish you by forcing you to undergo an area in which you have no interest. You are able to progress through other means without experiencing a lifetime in a physical human body but it is also your own right to never progress or to progress at a different rate relative to those around you. You are able to do as you please. There are many reverberations in terms of the result of taking on a lifetime or choosing to forge this option, but none of these are punishments, they are not sanctions because you refused to follow the orders of some higher ranking entity. You are only passed from one area to another according to your level of development and your vibrational harmony with those that are progressing through the same functions as you. There are beings who simply do not wish to return or experience a first lifetime, this is of their own accord. There are entities that do not wish to accomplish anything that was set for them or planned for them while in a specific lifetime, this is their free will and it is acceptable just as all actions. There are many who are reluctant, but there is no guilt, there is no pressure, there is no forcing an entity to enter into this human form and experience certain life events. You are aided in selecting experiences and events and circumstances which best suit the requirements or goals of your intended areas of learning.

69.

(Q) What type of emotions do spirit beings experience?

(A) There are beings of light that cannot experience emotion as you would interpret it on your plane of current existence. There are many who simply interpret a vibration, or a color, or who have none of these and may only communicate, though communication is through various means, there is no emotion as you understand it now on your current plane of existence. It is necessary and often required to experience these emotions but there is an area of development where a new type of external interpretation is used rather than the style and workings of those you currently experience. Many do not feel with the same methods and senses of measurement that your body or spirit uses now. To fully understand what is being written now it is important to know that there is much more that is interpreted on your plane by emotion than on the plane you will experience after physical death. The type of communication that is often used is not necessarily through that of verbal communication where verbal inflection is used and emotions, no matter what stage of development, are used to express and interpret information passed between beings. There is joy because of the vibration of the energy. You equate many things with creating and bringing joy but the true reason; even in your current lifetime, that you experience joy is because of the vibration, the measurement of the energy within the action, this is what causes joy. It is this form that beings without a true physical existence, that of being only pure energy, this is the manner in which they experience your reference of emotions. It is important to understand that when you return to your true plane of existence that you are not becoming a lifeless or uninterested being. You are not a robot, you have the same type of interpretations and expressions that you do now in terms of feeling joy, sorrow, sadness, and others, but the way in which they are received is much different as they are not judged by your methods now such as voice inflection or physical expression of the sender or receiver. These are not necessary for you once you leave your physical body. Often these experiences, for those of the spirit, the non-physical entity; these experiences are much stronger and would

be overwhelming in your current state. Because of the vibration or measurement and type of energy associated with the action or thought and because you do not have a physical body or lower vibration, there is much that is received by you that is absorbed by outside objects. There are no misinterpretations of words or actions because the true meaning, that which you might currently say is the underlying reason or purpose for an action, this can be felt by those beings involved. Therefore all actions are immediately perceived by what they are truly expressing. Truly expressing your emotions is not entirely the same method by which you do not, through physical outlets and methods. To a being without a human form in a physical existence, these might be compared to your aura or the visible energy that radiates from your body on this plane. Your emotions, your state of being when you are on the energy side of your true existence; these are visible at all times. This may leave many feeling vulnerable, believing that they must always be protected. You are always protected but not in the sense of the human form where you may feel it necessary to protect yourself from the hate or perceived misguided actions of others. When you return to your home you are not included with all beings. Those who are more in line with your actions or beliefs, you may consider them to have the same foundation, or guiding principles as you, those who have approximately at the same point in their existence or development, these are who you are surrounded by. There is no need for protection from negative, or what is perceived as negative, because there is no extreme range of negativity and positive actions, by comparison.

70.

(Q) Are there really true soul mates?

(A) There are soul mates in your sense of what persons or people return for the purpose of interacting specifically within one another in a specific lifetime. This does not have to be a long term interaction or a significant interaction, only that the interaction occurs, by both agreeing, and by positive consideration by those above you. There are some who are soul mates who are engaged on long term relationships and others who are short involvements in your life. The purposes

of these relationships range the full spectrum of needs, emotions, and purposes for development or receiving an experience. It is important to know that simply because you are soul mates does not make you lovers. You can have friends and colleagues who are soul mates. Soul mates can refer more to your similarity in progress that has been made through your development as a being of energy, your true self. Though, it is possible that there is a link between beings that do not reside in these areas of existence within your true home. There are soul mates who work together on progress, often these can be groups, not limited to just a singular pair. These groups work to promote and motivate, or help to understand the experiences had by the group for the sake of evolving and, as you might understand it, educating each other for the purpose of ascending to a higher frame of knowledge. It is possible that significant or insignificant relationships also be of your own free will or those that were destined to happen or created to happen for your experience, or even by chance, and that those individuals share nothing in common with you on any plane, though, in many cases, in order for a successful long term relationship of any kind to take place and be maintained there is often a meaningful accord between the two beyond the physical realm in which you currently reside. It is important to see that there is much change coming at this time and that there are those who are destined to have greater roles than others. This does not mean that there are no soul mates or that we are all connected any less than what you have once thought. It is important to see the light that is coming to you and is always available to you. Free will or choice or that which is determined, however loosely, before you arrive, these are the things that make this existence real to you. It is important to engage in all things as though they were true and for your highest good, simply because you do not immediately know, it is important to take on all things important to your evolution as though they were bringing you up to the next level of progress. Important things will be coming in a very short measurement of your time. It is important to stick to and maintain your plans, any long term plans that anyone has at this point, to maintain these. The initial first steps will be key through your trip, for many will change its course beyond these first few initial steps. These are all key to the coming boost of energy,

the coming wave, the next set of events.

End of Volume One.

## ***EPILOGUE***

For the Aquarian age to usher in a new era of positive light, the corrupt, immoral elite must be summarily dethroned. If they are not removed from power, all societies will not be able to live side by side in peaceful coexistence.

Without sweeping change the world as we know it is doomed to war, terrorism and economic chaos. Mother Earth cannot and will not accept such a situation in the future as she moves through her ascension.

The wealth must be shared equally among all humankind or war and chaos will never cease. There is a change and shift coming. You have been reading about this. Those who want the freedom of mind and spirit will experience it soon. There is a great unlocking taking place of energy that will allow this to take place. It is important for soul development.

There needs to be less focus on that which you cannot bring from lifetime to lifetime. There is a simple saying which has echoed throughout the ages and in many forms; if you cannot take it with you, why is it worth your time? There is no need for excessive personal affects when there is much more that is being neglected spiritually. Items do not bring happiness. Happiness in action and thought brings happiness. There is much that can be learned by a life of simplicity, minimalism, and yes, even poverty. Stress can often be experienced by all of these items rather than bring happiness.

Entertainment is received by helping the family member, helping someone who, were it not for you, would not have been able to achieve something great, or something simple. The kindest action is not measured in the grandness that it might create, but from the motivation you used to help that person. You are able to create peace, please focus on things with lasting results.

Those who work together for the greater good will prevail, while those who do not will pay a severe price. Our power hungry materialism will not be tolerated in the new future Mother Earth is creating.

In order to bring about change in our world we must change ourselves first. Inner peace can be found through forgiveness of oneself and of all others. Examine your life before you dare judge another's life.

There is only one Supreme Creator of All which encompasses all universal multidimensional consciousness. The belief in the Creator, that one source of all life, is what is important to humankind.

The Creator gave life to all living things, and therefore all creations are to be unconditionally loved. For all are living expressions of his unconditional love.

Look to Mother Nature to see the marvelous creations that abound. Even a common blade of grass is created so perfect, that no human scientist can possibly re-create what the Creator has brought forth.

We must allow ourselves to open up to those creations, and feel the connection and oneness between us. Then we can find peace within ourselves.

Once we experience this inner joy for ourselves, we then can assist others on their inner path to discovery.

Ascension is simply the journey you have undertaken in order to master the seven major zones and their sub-zones.

That revelation then brings you to the truth, that you were never truly separated from the Supreme Creator of All.

## **GLOSSERY**

### **ABORTION**

This is not for humankind to fully understand. It is a lesson for many to learn in order to understand this great choice. There should be acceptance of this practice, though the goal should be to overcome the fear, worry and selfishness associated with it by those who are wishing to carry it out.

God understands when and why some women choose abortion. Through free will God allows them to exercise their decision as it pertains to their soul path. God will not judge you for your decision, only you judge your life for the decisions you make based on the lessons you chose to learn and experience.

Those who are 'pro-choice' and those who are 'pro-life' are both correct in their decisions they make concerning abortion. It is a learning experience no matter which path you choose.

### **ACCIDNENTS (PLANNED EVENTS)**

There is much adjustment that takes place in your life depending on your free will so that events that are planned may take place. That is, not the specific event in most cases, but the event that brings about the desired experience or goal that 'you' planned to achieve and experience in this lifetime.

There are many things that influence free will and influence events in your lifetime. Many things are planned, simply because they appeared accidental or inconsequential makes them no less important, though they might be. An accident can bring your attention to an area that you were neglecting, even in terms of thought, though the accident may have some physical impact. There may also be implications for your emotions. It is important to adjust your thinking to understand that there are no negative actions.

There are many things that unfold so that the desired plan, that which you were counseled and chosen to experience with your desire, that these things be accomplished. You may learn love, for example, through any number of experiences. So it is

not dependent at all times that you meet a specific individual or care for an individual so that a bond is formed or any other part of love or caring for it to be experienced.

There are times when it is very dependent on the person because of their path and yours and how they interrelate. But many goals and experiences will be brought about by the circumstances no matter how your free will has intertwined with your plan.

It is of utmost importance to keep your mind open and clear and not worry on how the event was formed, but to understand that causal reasons, those important beyond the physical world, examine those that you will carry with you after your physical death. Examine these reasons, the motivations and the areas being affected. These are what often determine growth or an area to review for some potential lesson or meaning after you have come through physical death.

It is not necessary at all times to feel as though you experienced a specific incident and then reacted poorly to it, though you may not understand the process now, you will understand, or you still may not, upon your exit from this physical dimension. Your reflection on this situation and understanding the correct or universal response that may have been more positive is as useful as if it were your initial response.

Typically, it is not known by you whether this also was the required response for the growth of yourself or others involved, though all actions should be considered and reviewed on terms of how you feel much later, after the incident. Were you better off because of your reaction to the accident or were you feeling as though you reacted negatively towards yourself or others involved. These are important if you are considering growth and evolution in your lifetime and beyond it.

Please understand that it is important that all individuals know of lifetimes, or what is termed an incarnation; there is much said to deter any thought or thinking as if there is no life beyond that of the grave. That there is no impact, as if this is the only life they are ever given to live and experience. It is important to know that you will live many lifetimes, and upon return to your true home, you will have the opportunity to review each previous lifetime, to examine and understand in order to aid in advancing your spiritual growth.

There are also many things that may not be depending on

this knowledge for you, but to understand this is to remove one's self from the hold, control, ill focus and motivations that many hold. Process information as you receive it, but it is never impossible to examine a chain of events or a situation while you are involved in them. When there is a pressing situation at hand you can learn to recognize the correct behavior. Many may call this listening to their inner voice or angel, but being developed enough to understand your own intuition or guidance is important. It should be noted that all should attempt to withdraw from all outside stimulation at least one solid hour per week, and this is known as meditation, and there are many benefits to this being completed. Pleasing the self is not as important as developing the self. Waking hours are spent too often on that which causes the mind to be idle.

There are no accidents, so if your loved one died from what someone would call an accident, just know it was a planned event by that individual. Not to cause pain or suffering or to punish someone who is left behind, but simply en ending to a lifetime in which they had completed their chosen lessons and experiences. The lessons they could not or did not learn in that lifetime will be reviewed by them on the other side and they will then program those missed experiences for their next lifetime. There are no lost opportunities for a Soul's advancement.

### **ACQUIRED IMMUNE DEFICIENCY SYNDROME (A.I.D.S.)**

'AIDS' for example is kind of like when Adolf Hitler of Germany allowed millions of Jews to be destroyed during the Holocaust, it serves a dual purpose for the benefit of mankind. Not only does it teach a global lesson about the destructive nature of war, it also teaches individual lessons for those living in the physical world, and it helps Mother Nature balance and de-populate the Earth.

If there were no diseases and disasters on Earth, humankind would not have the opportunity to reach out, to be more loving, more understanding toward each other in times of crisis.

When those Higher Beings in the spirit dimension observed that humankind in the beginning only perceived 'AIDS' to be a

‘gay’ disease, then it was decided for the benefit of all humankind to allow this disease to spread. Women, children and so-called ‘straight men’ became infected in order to gain the attention ‘AIDS’ was to have fostered in humankind to begin with. In order to force individuals to react and evolve in order to advance in the way of building spiritual character, which leads to a better understanding of unconditional love.

## **ADDICTION**

There are many reasons and many forms of addiction, but there are many who do not seek to remedy the underlying cause, but simply seek only to address the outward expression of the addiction. For many, not all, to identify the true cause may be simply to ask yourself what it is you are trying to avoid or escape from in your life. Once you realize the true cause and stop the addicting behavior, you must make a positive change to remedy the original cause, or you will open yourself to new addictions.

Addiction is simply a signal to a person to let them know there is an area of their life, be it concerning health or an energy imbalance, that a problem exists and that they need to take action to correct the imbalance.

An individual can trace back to the source of their problem, on their own, and even without assistance, to develop a plan to eliminate the addiction as they come to understand the true reason for their addiction.

(For those individuals who still feel they cannot face up to what is the true cause of their addiction may seek short term help from the medical community. Just remember, pills only mask the symptoms and do not correct the true cause of the addiction. Medications themselves can become an addiction.)

## **AFFIRMATION**

Your mind is the key element for using affirmations. Repeating positive words or short phrases on a regular basis condition your subconscious mind to act upon that which you are trying to achieve or correct with your body/ mind. Examples of positive affirmations for better health would be;

("I have a healthy and complete body") or ("My body heals on every level"). You may apply affirmations to any positive area of your life, and remember not to use negative words in your affirmation such as; No, Can't, Stop, Won't, Not, etc.

## **AFTER LIFE**

All souls, which are energy beings, were created by the 'Source of all Life' which those on earth call 'God.' God gave us free will so that we could learn to create as he does. Advanced souls created places like our universe, which have many planets of varying degrees throughout, in order for souls to go and experience different lessons to further their spiritual development. (Note: The word 'spiritual' or 'spiritually' have nothing to do with the human concepts of manmade religions and their corresponding dogma).

If you inhabit a human form right now, you have incarnated to this planet called Earth in order to experience all the many facets of love. That is what this planet teaches. True, unconditional love takes many lifetimes for the average soul to master, and that is the journey you are now on. During each human lifetime, you incarnate with lessons and experiences you need for your spiritual growth. Some lessons you accomplish, some you do not.

Being born in the form of a baby is how souls enter this physical dimension. You enter with no memory of past lives or of your true spirit home so you are not distracted while working through the present lifetime. Without the physical body, your soul could not experience the negative side of life. The human form is able to experience pain and suffering; physically, mentally, emotionally and spiritually, whereas your soul is not capable of experiencing these negative lessons.

When you have come to the end of the lifetime you chose, then it is time to return to your true home world through the avenue called death. Death simply allows your soul to detach itself from the physical body you had chosen for your learning experiences. Fear not death, for your soul experiences no pain or injury when your physical body dies. It is truly a very joyous occasion when you return to your true home, where friends and loved ones await your arrival.

Your soul, which is energy in its purest form, takes on an ethereal form when it leaves the physical body. This form resembles the form you last held when you were earth bound, except it has no defects and displays itself in near perfection. Most forms return in appearance to an age when they were most vibrant during their earth life. This new ethereal form is required in the world of spirit just as you required a physical form while on earth to house your soul. Later, as you progress spiritually you will reach a point where no form will be required to contain your soul; you will be seen as pure energy.

Since you are pure energy in essence, you require no food, drink or air to breathe when you are back in the spirit world. You do not suffer the aging process as your soul is eternal. This ethereal covering does contain higher emotions, but not like the lower animalistic emotions you now experience in the human form. Linear time and physical space are not present in the spirit dimension.

Souls who incarnate to earth and take on the human form all dwell on the same level. That means individuals on earth cover the full spectrum from the brightest/smartest people on the high end of the scale, to those who are idiots/morons on the lower end of the scale. All living together on the same level as they each seek to experience their chosen lessons.

In the spirit dimension there is a separation. Your soul will live in one of the seven major zones of consciousness with other souls you are in harmony with. These seven zones are based on how enlightened or spiritually advanced a soul has become. The law of attraction applies; like attracts like. As you work to ascend through the sub-levels, each is more sublime than the preceding one.

Each one of the seven major zones has seven sub-levels to it. These zones and levels are vibrating and spinning at a higher frequency as you ascend through them. The average soul who is now reincarnating between the spirit world and the physical world (earth) resides in the 3<sup>rd</sup> major zone, and dwells on one of the seven sub-levels of that major zone.

As an example let's say as a soul you were living in the spirit world on the 3<sup>rd</sup> major zone, on sub-level number 4 of that major zone. You incarnated to earth and you chose to be born as a female. You lived that life and achieved most of the lessons you wanted to learn and experience. That programmed life lasted eighty-eight years, and then you died and returned to

the world of spirit. Let's say during that lifetime your soul advanced spiritually, which means upon your return to the spirit dimension your soul now advanced to the next sub-level of consciousness it had earned. Instead of returning to the 3<sup>rd</sup> major zone, sub-level number 4, you would now ascend to the 3<sup>rd</sup> major zone, sub-level number 5. If you had not made any progress in that lifetime, you would return to sub-level 4 from which you came. Now had you used your free will and changed your basic programmed life to cause great harm, chaos and/or death which was not a lesson for you, then you would return to a lower sub-level or even return to a lower major zone.

Once you spiritually grow and progress through all the seven sub-levels of a major zone, you then enter the next major zone and work your way through those seven sub-levels. For example, when your soul progresses from the 3<sup>rd</sup> major zone, sub-level number 7 of that major zone, you would then enter the 4<sup>th</sup> major zone, and start out on sub-level number 1 of that major zone, and then start working your way through that major zone's sub-levels. When you reach the 7<sup>th</sup> major zone, and the 7<sup>th</sup> sub-level of that major zone and have become spiritually enlightened and have mastered all that is contained therein, you are now ready to ascend to God's next phase of your soul development. When you leave the seven major zones your soul will no longer need a covering or form and you will emerge as pure energy, a beautiful bright light of varying degrees. At that point you would never again enter a human or ethereal form again. A whole new adventure awaits your soul.

To help with your human understanding, the earth is encircled by these overlapping seven zones and their sub-levels of consciousness, just as all the planets contain their own individual consciousness of higher or lower vibrations. All zones of consciousness meet and blend together, so your soul is then prepared to enter into another consciousness on another journey of learning if you desire. Souls are always being encouraged in a positive manner to progress forward to be more God-like for their own self awareness.

For further understanding; each individual universe or dimension has its own Creator. Each area of planetary living has been located in such an area that each domain is watched over, tended to, and life and energy brought forth into it by a

Creator for that specific realm of existence.

This is not to say that there cannot be more than one entity infusing power, and direction into the life and realm of existence. But there is only one single being that is responsible for its ultimate direction no matter what other entities or life forms may inhabit it or cross from other dimensions to assist with that dimensions existence.

There is, for your human understanding, only one God, the ‘SOURCE OF ALL LIFE’ that then observes these Creators and guides and assists them as needed. This is much the same way that many groups of people delegate power to accomplish a common good on earth. No one person on your plane can watch a massive area or oversee the production of a very complex event or item. This is the same for existence as you know it. There are many assigned to watch over your area, there is only one to direct and become responsible for its purpose, its mission, but then there is the ‘SOURCE OF ALL LIFE’ which is then responsible for all life and all dimensions.

## **AKASHIC RECORDS**

The Akashic Records map and record each activity that occurs in each life forms experience, not just humans, but all life in every way; if there is what you call consciousness, there is a record for it. There are records for each lifetime and records that are followed as a plan, and as a recording of what has taken place. There are records for planets, though many are being created as we speak to you now, and serve more as only the recording, and less of a plan as there is much left up to the individuals in an experience at any given moment.

There is much to be known about these and how they relate to each universe. Each universe or dimension will be able to be experienced by you. These are not separate records. All are contained in one area. You may have the same access to them as any spirit or energy being. Each is located where all can review and research past lives and events of any in existence. These records are not private, but are for education, and learning comes from others and their actions. The knowledge will grow by expressing that, which we cannot, by way of viewing actions, and thoughts that were taken by others in the experience they had in their given lifetime.

There is much to be learned by this great hall of records, but understand that what goes into them before you arrive in human form can be changed, after your birth and life start, all becomes a recording of what actions were taken. Each lifetime is categorized and each separate spirit can view each incarnation they have ever had, to view and track progress or trends in the way that many keep records in your world now. There is much need for understanding and reviewing these records.

These records are becoming more easily accessed in your dimension, but there must be some discretion by the entity that brings it forth and the requester. Not all information is helpful in a lifetime, though if an energy being in human form is asking for them, there is a clear possibility that he or she is able to cope with previous actions. Be them positive or negative.

There is a need to review these from time to time. Review them prior to creating a plan for a coming future lifetime. There is a need to track these and all dimensions have access to them. This is one area where all beings may converge no matter their origination. Each may have access to each, but some higher forms are not shared with all, for knowledge may not be ready to be shared with those who are not spiritually advanced enough to comprehend it. For its impact on those that read it and are not yet ready to understand the concepts contained within it will cause confusion.

Peace to all is a trend that is increasing in number within the records as a shift is coming. We are able to map and track these actions, and determine how a shift might occur or see that the mind of humankind is changing from what it once was.

We are entering a new age, as you say, and will be experiencing a new 'reality' that becomes the new normal, and less aggression towards those of peace, thinking and mental ability. Sharing of knowledge and dropping dogma for only dogma's sake, will happen. These all can be seen in records here. Each dimension has their own existence, their own purpose, and you can travel to these, though not all can experience them for extended periods of time.

These archives have existed since the creation of the very first soul. They contain all the information and knowledge of each individual soul entity. All creations of the 'Source of all life' are registered within these etheric imprints. There is no opinion contained in them.

The Akashic archives also contain a soul's past lifetimes, its present lifetime and even its future 'planned' lifetime. While in the spirit dimension a soul can access their collective thoughts and imprints. This gives them an overall understanding of their souls overall progression or deterioration. That then explains where the soul entity currently finds itself, and where it needs to go in order to complete its journey of remembrance.

There are many areas where Akashic records exist or are created, but there is only one central location where all beings can find, locate and browse them at their leisure. This reading can occur for learning purposes. There is much that is done to create learning and this is a tool. No deed or action is unrecorded; this is not for punishment or celebration, but to learn from actions and situations which other life forms have found themselves involved.

There is a great passing coming to you where there will be a change and more information will be available to those who seek it. Much of the information in the Akashic records can be viewed or read by those in your dimension with the assistance of their spirit guide or energy being. There is no need to worry about their contents for they only record unbiased information; there is no opinion in them. All actions on all dimensions are kept within.

There are those that an entity may not understand because of the higher realms of beings that are creating them with their actions. These are not to be read by those who are not yet ready to understand them. There is a veil at times that is only lifted when a being has progressed to a level of spiritual understanding and life evolution so as the things they are reading will have clarity. Think of this in a similar way as you progress from infant to child to adult throughout your lifetime in a human form. A child is not ready to understand what an adult has come to understand, and so it is the same with the higher energy beings as pertaining to us. Until we reach and attain their spiritual awareness, we would not understand what they have created or experienced.

## **ANDROGYNOUS**

Energy Beings (or what some call Spirit's) in the higher

realms of the spirit world when in 'pure' form have no male or female appearance, they are seen as glowing energy patterns of varying degrees (colors) based on their spiritual awareness they have attained. When they visit those with lower vibrations; those in the human form, or those of the lower spiritual realms, they then will appear with a male or female persona, or may seemingly appear to have both male and female characteristics.

### **ANGEL (ARCHANGEL)**

There are many divisions or castes of beings though the names simply give recognition to the type of work they perform. So-called Angels have specific goals and areas in which they work, and Archangels are higher beings that return to different and lower dimensions to assist them when needed. Archangels can travel between different dimensions to provide assistance. There are many so-called Angels and Archangels you can call on for help, though many will not come because of name, but simply because of the help or guidance you seek, and none have wings.

There is a special type of being that is called an Angel and they have a specific function they perform. They do not guide in the same manner as most other spirit guides or spirit workers do. They have ascended much higher spiritually, they may be compared to the religious view of gods simply because of their advanced ability to intervene and offer assistance to many at once.

How do you think this dimension you live in came into existence? It was brought forth by these higher beings, who are Creators in their own right. The Earth is overseen by one of these Creators, one many refer to as their God. Yet this Creator is but one of many who have charge over many different areas and they all answer to the 'Source of all Life.'

### **ANGER**

Those who need to express anger should do so in a positive manner. It is not necessary to contribute to the anger of

another person or group, no matter what they seem to be upset about.

Allow your anger to be released in a positive manner such as doing physically taxing work or vigorous exercise that will express this pent-up energy without it building into something negative or destructive.

## **ASTRAL PROJECTION**

Astral Projection is the complete elimination, through a focused, calm, and meditative state, of all senses and feelings that are only perceived or generated through the physical body. You completely disconnect but are able to safely return to your physical body. It is merely a term, astral, for that body which is your truest and highest self that inhabits your physical body at present.

To project into the astral plane is only to experience all realms, or a specific dimension, through disconnecting from your physical body. There is no specific astral realm. Often this term is used by those who project, but there is no specific astral realm. This is simply the term that for you could describe leaving this physical world; though it is quite possible to experience other times, places or locations in this physical plane where the Earth is located.

The process is through meditation and awakening your entire energy body, your entire true self, this entire form of energy that inhabits your body. There is much that is located in the brain, but often this is where the perception of your world stops. The eyes are here, and there is much that is not considered for sensing or interpretation because it is with the physical eyes and the mind that the thinking becomes accustomed to being done.

It is important to sense every area within the physical body, become aware of each part of it, and allow these new sensations to become aware of it. Intend to leave your physical body, shifting your awareness and creating a visual impression of you in your mind of this new location will shift your ability of perception and controlling the present location of your body to the control of your thoughts, much as is experienced by those who are on the other side and helping you.

It is imperative that you state or intend to have a specific

purpose; this does not mean that you are not simply allowed to experience the world, your habitat, without the constraint of your physical body, but you should intend to do so. Do not simply sit and meditate and then become discouraged because nothing happened or was experienced. Such as dreams, there are many that happen, there are many where you project astrally, where your true energy body leaves your physical body, and you travel your world or others.

It is because the mind has not considered, in the physical form, these experiences to be important. It needs to become accustomed to these experiences and understanding that that these are true experiences that you wish to recall and remember. Often this method of mind/body separation is experienced, but once the event has taken place there is no accurate recollection by the physical body.

Training the mind to retain this information while you are in the physical body is important. You should be aware that there is information available to you, which you can retrieve from the spirit world, your true home, at any point for knowledge and wisdom. It would be through the practice and focus of your thoughts and meditation that it can be accomplished.

Often the ability of those who attempt to develop this is short lived because they are not able to achieve extended periods of departure from their body. For many, once they realize that they are not simply thinking about another location, but are able to move within it and truly perceive it because they are there, they immediately return to their body because their focus and attention is not true to the level necessary for extended absences. This is why this disconnection is often experienced through sleep; this allows other areas of the body and mind to overcome the actual and perceived obstacles coming from your minds perceived limitations or what you yourself perceive as a limitation because of your five physical senses.

It is through this dream-like state that in waking consciousness the world can be experienced by you as well as other worlds. Simply stating that you are willing to do this will begin your journey. There is much that can be accomplished in terms of skills and abilities in your physical existence, and some of these will also better equip you when you return to your true home once you discard your physical body. Others

simply help with guidance, information and perspective while you are within this lifetime. There are no skills and talents that do not help you fully appreciate this lifetime, the true nature of existence, and the true experience of all creation. None are simply for a carnival-like fancy of entertainment.

## **AURA**

The human aura radiates around the body in varied degrees of energy and colors, which correspond to the individual's basic emotional, physical, mental and spiritual awareness at the time of viewing. Those energy beings from the spirit dimension and some developed mediums can perceive your aura and note the state of your health as pertains to your mind, body and soul.

Auras are represented mainly by colors. White and black convey an absence of color and are not perceived, thus giving these two colors a neutral aspect. Blue, yellow and red form the main color base of an individual's aura, while the other colors representing lesser energy layers.

The color red is mainly an indicator of an individual's mental activity. On the high end of the scale it concerns itself with purist thoughts dealing with love on all its vast levels therein, and on the lower end of the scale it concerns the basic emotions of lust and anger.

Blue is the main level dealing with an individual's mental activity as pertaining to ones spiritual development and awareness. It concerns itself with the high end ideals of unconditional love and admiration, while on the lower end of the scale it deals with the lack thereof.

The yellow color is mainly an indicator of the intellectual level of an individual's mental activity. It covers the highest to the lowest levels of wisdom, judgment, inspiration, reasoning, analyzing and all the other areas of logical operations.

These and all other color combinations form a picture of an individual's health pattern, and all living things contain an aura of varying degrees in this physical dimension.

## **BIBLE**

The bible is a collection of stories. These stories were told in the form of fables or parables in order to bring forth a certain type of positive moral attitude that was missing in the people of that time period. Too much negative influence was running rampant with the people, so this collection of stories were assembled and placed in written form to help the people move into a more positive direction. Some of these stories were based on actual events, while others were simply handed down by word of mouth as lessons for those who needed the symbolism.

The original information in the bible came from many different sources; parts were received through spirit communication from those in our true home world, other parts came from off-world beings from other planets, and from light beings known to us as angels.

Unfortunately, there have been many in powerful positions that have used this book for negative, selfish reasons. They have succeed in altering the bible throughout the centuries in order to control and influence the mass of people who follow this book and take its meanings literally.

The original bible was meant to be a symbolic guidebook, a positive reference for the people of that specific time frame. But many powerful individuals did not accept what the original bible had to say, so they used their power and influence to make changes. Adding things they wanted control over, and deleting things they themselves did not believe to be true for them. For example, reincarnation was deleted; those in power felt it was better if the people only believed in one lifetime, rather than many.

Jesus was added later due to the influence he was fostering with the people during the time he walked the planet. They elevated him to the false status of the one and only 'Son of God' and said he would return, therefore the mass of people should obey the religious authority or there would be dire consequences when he returned. Jesus came to be a teacher and prophet for the people of that time period only. Jesus of Nazareth was not crucified as falsely stated. He did live a long life and was married and had children. His true life story was obliterated by those with power and religious authority so they

could use their created stories of him to foster their own gain and control over the people.

Many of the stories in the bible were true; healings, materializations of angels, spirit communication, levitation, positive affirmations, and many more such events occurred through the natural and spiritual laws that govern this dimension.

The bible originally was to help those who needed greater instruction in order to know that there is a peace far greater than what they presently were experiencing in their life. The overall intention of this so-called holy book was to unite the people. But throughout the ages, due in part to the many negative changes, it became a tool used by the religious authority to divide the people and nations as a form of control.

Those seeking guidance from the bible 'today' should simply read it as you would any other book. Many of the current bibles of today contain unimportant information that was added by those in authority throughout the last fifteen hundred years. But the basic moral principals of the parables and fables can still be found in the overall text. Let the stories serve to teach the basic concepts of love, kindness and forgiveness.

There is no wrathful God to cower down before; this was added to the bible by religious authority figures who sought to control the people. The bible, which was written by many inspired sources, was unfortunately re-written by men of lesser morality for their own gain. For example, this is why women are portrayed as subservient to men in the bible; they hold no equal status and are simply to take care of the children and household, which is not how they were originally shown to be.

The bible was created in order to give direction to those who were lost and wandering aimlessly through their lives; to provide a positive path for finding peace and love in that part of the world, at that point in history. The bible was not meant or suited for the time period we now occupy. The bible can still be useful if you simply ignore those sections which are glaringly untrue to you and have no justification in our current time. If you feel a specific phrase touches you as an individual, then that section is true for you.

After reading the bible, you should feel the love of God, the love of self and the love of your fellow man and woman in your heart. You should not feel anger, hatred, or persecution in

any form against your fellow man. That is what the bible intended to convey to all who read it in its original form.

It is important for each person to take the time to examine all that they know or understand or wish to understand. You need to fully understand why you have certain beliefs about life. You need to believe certain things for your specific reason known to you, and not simply believe something because your parents, religious group or community believes it to be so. You have the gift of free will from God, use it to decide what you believe, rather than simply following along with what is widely accepted and not fully understood by others.

The original bible was meant to be used as a guide book to bring a person to foster in themselves independent thinking. Think deeper about what 'you' believe God to be, and how that affects your spiritual development. The bible's original main theme was to convey the message of love, that when one person grows, we all grow through the love of God.

### **BIBLE (CANNABIS)**

Speaking from a spiritual viewpoint Cannabis (known also as marijuana) was used during religious rites and initiations as far back as the 3<sup>rd</sup> millennium B.C. Jesus of Nazareth used cannabis and taught others how to use it for healing and alleviating pain. Cannabis has been used by Jesus and other religious figures throughout history for certain practices, which were designed to enrich the greater good of spiritual enlightenment and to foster peace in humanity.

### **BIBLE (DEATH PENALTY)**

The misconception in the Bible that God condones 'An Eye for an Eye' has caused many individuals to support capital punishment (death penalty). The Bible was meant to be taken symbolically, not literally. The punishments forthcoming are to be dealt with by karmic justice, not by mankind's fallible system of laws and justice.

There is karmic debt incurred by those who participate in State, Federal, and/or Military judicial executions. For

example, those who pronounce judgment against an individual for murder who was convicted justly, and sentence him/her to life in prison without the possibility of parole incur no karmic debt. Those who convict the same individual of murder and invoke the death penalty do incur karmic debt.

Time in prison itself can transform even the most lost and hardened individual. Time itself can provide them with the free will choice to transcend hatred; turning it into love and understanding of oneself, and of their fellow man. But a sentence of death stops the process of inner reflection and enlightenment of the individuals Soul. It stalls the spiritual advancement we all come here seeking to experience.

### **BIBLE (LUCIFER)**

Lucifer the so-called angel or devil never truly existed as an individual or energy being. Lucifer was not a fallen angel from heaven. This was just a fabricated story placed in the holy books of certain religions in order to show the difference between good and evil, right and wrong.

Religious authority used this as a means to control the uneducated and superstitious masses and to ensure that their authority and rules would be obeyed.

### **BIBLE (TEN COMMANDMENTS)**

God, the Source of all Life never gave to humankind a set of commandments to live by. Such commandments would have negated the Soul's use of free will and limited their ability to create while in the human form. The Ten Commandments were put into the bible as a control measure by the ruling religious authority of the time in order to control the uneducated and superstitious believers.

### **BLUEPRINT**

This is simply a detailed plan of the life we wish to experience on our next incarnation into a human form. It contains, but is not limited to, when and where one will be born

on the earth. Will you be male or female? You may choose the type of parents you require and so on. All major lessons and experiences are worked out and agreed upon with your spiritual advisors before you incarnate. Yet, with free will, your plan may be altered after you start living your physical life. Your guide/spirit doctor will still try to steer your lessons into your path to be experienced no matter what course you follow.

## **CANCER**

Cancer is a commonly used disease by many Souls to force them to take note of their life. Cancer can be something an energy being programmed into their human life to force them to confront the lessons of unconditional love as a means to further their spiritual growth, and/or the growth of those close to them.

Cancer is just one of the many diseases Souls use to pull them out of the complacency they have followed in their life. Sitting in front of the TV, computer or electronic device all day in mindless pursuit does nothing to help us with the true lessons we came to experience in this dimension. So cancer and other diseases force you to refocus yourself on the true path you wanted to experience; that of advancing your soul through the lessons of unconditional love.

Cancer for some is how they chose to exit this physical world. That type of death will also have a profound impact on that individual's family and friends. Giving them the lesson, whether they learn it or not, that they too should not waste their life on mindless pursuits. Using your free will and allowing your life to be consumed by only sports, computer games or other mindless endeavors, for example, will not help you accomplish the lessons and experiences you chose to assist in your spiritual advancement.

So if cancer or some other major disease comes into your life; take stock of what it is trying to teach you and what is truly important that you need to take with you from this life you are living.

## **CHAKRA**

Chakras are contained within the physical body's gland systems. Chakras vibrate and spin. There are seven major chakra centers and many minor chakra centers that splinter off from the seven major centers that form a continuous energy flow when all have been activated and opened.

The Crown Chakra is found at the top of the head area and harmonizes with the pineal gland, which is in control of the brain and nervous system.

The Brow Chakra is found in the middle of the forehead where the 'third eye' is noted to be. It harmonizes with the pituitary gland, which is in control of the forehead region, temples and carotid system.

The Throat Chakra is found at the base of the throat area, which harmonizes with the thyroid gland which controls the throat, neck and brachial system.

The Heart Chakra is found in the center of the chest area. It harmonizes with the thymus gland, which is in control of the heart, lungs and both the cardiac and circulatory systems.

The Solar Plexus Chakra is found between the breastbone and the belly button. It harmonizes with the pancreas. It controls the intestines, stomach, eyes, liver, skin and the muscular system.

The Spleen Chakra is found in the abdomen and harmonizes with the gonads. It controls the reproductive system.

The Root Chakra is found between the sex organs and the anus area. It harmonizes with the adrenal glands, which control the skeletal framework; including the legs, feet, ankles and teeth. It also controls the spinal cord, bladder and the lymph system.

These seven major energy centers are linked to your etheric double. Opening up these energy centers raises your vibrational level to aid in psychic/mediumistic development for those so inclined.

## **CHANNELING**

This type of information comes more from a collective

group rather than a single entity. The information brought through this type of communication is generally more for the overall well being of humankind as a whole, rather than for a single individual.

### **CHEMIST**

Also called a Spirit Doctor only comes to those who have chosen to develop some form of mediumship in the physical world. His main function is to balance the chemicals in your physical body which will be required for developing and/or sustaining mediumship ability(s). Adding and/or subtracting certain chemicals to keep your body balanced as you bring forth mental and/or physical mediumship.

### **CLAIRAUDIENCE**

This is a form of mental mediumship (to hear clearly) where the auditory information coming from a spirit being (usually from the mediums Inner Circle) is received by the medium as a voice they hear inside their head.

### **CLAIRSENTIENCE**

This is a form of mental mediumship (to sense clearly) where information is not ‘seen or heard’ but comes in the form of a ‘feeling or sense’ that the medium picks up on as an overall impression.

### **CLAIRVOYANCE**

This is a form of mental mediumship (to see clearly) where a spirit being (usually from the mediums Inner Circle) sends thought impressions which the medium registers in their mind. These thought impressions come in many forms; the medium

may see faces, entire bodies, places, objects, events, and/or a combination thereof.

## **CRIB DEATH**

For those who have encountered ‘Sudden Infant Death Syndrome’ or what is more commonly called ‘Crib Death,’ here is the major explanation for this occurrence. Once the mother has given birth, from that point up until the approximate age of two years old, the new soul that has incarnated into this world through the baby’s body has a decision to make. It can choose with its free will to stay and work on the lessons it chose to experience or it can back out of that planned life and simply leave and return to the world of spirit.

If it chooses to vacate the body, the baby’s shell simply dies. With no soul inside the physical body, it stops functioning and shuts down. So if there is no medical reason found for an infant’s death, the soul itself left for reasons only known to it.

Doctors then unable to find a medical cause term it to be a ‘Crib Death.’ The soul leaves the physical body not to punish the parents (even though it may be a spiritual lesson for the parents) but for its own personal reasons seeking the best life possible to help it advance spiritually.

## **DEATH**

Death is simply like opening a door and walking through it. There you find yourself back at your true home, with your true friends, companions and family who rejoice at your return. You completed that lifetime; learning and experiencing as much as you could or couldn’t, and now you returned home. You will be waiting to greet those loved ones you left behind on earth when they have finished their lifetime and they cross over. You will rejoice with them at their special reunion.

Yes, many people fear death because of their religious faith and/or upbringing. They fear the ‘Hell’ that was programmed into them by their religious beliefs. Religion told them they ‘Sinned against God’ and therefore they must be damned to a

burning Hell with Satan torturing them throughout eternity. But once they cross over and meet with their friends and loved ones, they will then realize there is no Hell or Satan or other such negative things waiting for them. Religions of the world use such devices to control the people, so they will obey the rules and authority of those holding religious power.

Humankind created religions, not God. God, the Source of all Life loves all his creations unconditionally. But if you wish, it is your right; you have free will to believe in such things as Demons and Devils if you so choose. Once you die and your soul crosses back over to the spirit dimension and you see that those negative things were simply put there for your learning and spiritual growth, you will be truly elated at that discovery.

Some people say the loss of a child is the most severe loss one can experience, but that is not true. Anyone who loses a mother or father, a wife or husband, a brother or sister, a son or daughter, a true friend or companion, or even a beloved pet; that loss to 'them' may be the most devastating loss in their life. Each person experiences the loss of a loved one in their own way. No one can measure how much grief we will go through or for how long it will take us to come to terms with our personal grief.

Those who die and cross over to the other side are extremely grateful to return home. No longer bound to a physical body, they no longer suffer from any disease or physical pains of any type or degree. They are once again whole and full of vitality; where there is no aging process or limitations to experience as they did in the human form. Unconditional love envelops them on a continuous basis in the spirit dimension. As beings of pure energy they do not need food, water, shelter or oxygen to sustain their soul or etheric form.

Since we incarnate to planet Earth to learn and experience many things we cannot experience in the spirit world, each lifetime is very important to each one of us. These lifetimes we venture into help us grow spiritually. They help us understand the true nature of God and allow us to become more God-like in our own patterns of growth.

So no matter when someone dies and returns home, just realize it was their decision to leave at that point in time and to

leave in the fashion that they left. How old they were when they died and returned home was their choice. Some souls need only a short lifetime to accomplish their goals. The method they use to return home is their choice; to die in a plane crash, a vehicular accident, to be murdered, to take their own life, to die from old age; your exit from this physical world was decided by 'you' before you were born. These avenues of death were chosen by the individual Soul themselves and no one in their family or friends caused or aided in their demise, other than what the individual Soul allowed.

Some worry that physical death is a painful experience. Fear not, for the Soul feels no pain as it leaves the human form to return home. Only the physical body that your soul resides in can feel pain. Many times the soul leaves the body seconds before death overcomes the physical form. For example, if you chose to leave this world through a devastating car crash, just before the impact that will cause your body to die, your soul removes itself from your body so that it does not experience the pain or trauma of the death. Your soul will simply find itself standing outside of its previous home observing the final events of that lifetime playing out before it returns to the spirit dimension.

So do not dwell on how someone leaves this world, for they did not experience any pain or suffering unless it was something they wanted to experience for their personal spiritual advancement.

## **DÉJÀ VU**

This is the soul form in your human body remembering or reminding or allowing the physical body or mind to remind itself that there is already a familiarity with the events taking place. This can happen for many reasons. You may have already seen these events or situation take place by peering into the lifetime you are in before you were brought into it, or you were given the opportunity to see this situation as your physical body was at rest, or you knew that the situation was coming about, no matter the decisions you made, and therefore there is a knowing that is already present.

This is a sensation that is interpreted by the physical mind, yet it has no concept since most remembrances or

familiarizations have a firm grasp within the mind. That is to say, you remember going to the store yesterday because you were there though you are thinking about it today. The mind cannot always grasp that which is ‘otherworldly’ in nature and has many ways to interpret that which is not physical.

Déjà vu as you will call it is a guidepost allowing those with a knowing, the understanding that they are on the right path, though déjà vu does not have to be understood or experienced to be on the correct path or making ‘right’ decisions in this lifetime.

It is simply that life form’s body and soul giving the head nod that signals the familiarity with this particular circumstance. Not all will experience it though because not all are sensitive or in tune with their sensations, nor will they admit to it because their lifetime of learning does not permit them to.

## **DEPRESSION**

Depression, like stress, is an action on the physical mind in an attempt to rid the soul of an action or set of feelings, which do not agree with that physical or energy of that individual. There is often no way perceived for that individual to remove the thoughts or negative energy, but this depression or anxiety is the only physical way the human body knows how to cope with what actions or thoughts the mind is repeatedly engaging in.

These are caused by actions that are against the individual’s true and higher self. Positive change must be made in order for the depression to move away and the individual to move out of it.

There is no pill that will bring this change; this must be physical, emotional, mental change and changes often in beliefs and views that the individual holds true on this dimension. There is no reason to feel less welcome with others, or to yourself, because others feel you are depressed. If you are depressed by past actions, then you are to learn from these actions and move beyond them.

If you are unable to cope with past actions it is important to move beyond them and make changes to undue that action

from ever taking place for yourself or for another person. Depression should be seen as another motivation for change but many people are comfortable to sit in it because society has the mentality that a pill will fix their life. Even though their mind is not ultimately affected by that pill which affects only the physical make-up of the chemistry of the body; action and true change from within will move you out of the self imposed depression.

Whatever situation or person that has caused you harm or mental anguish, do not be concerned with measuring up to others expectations. Make positive changes in your life for your benefit and do not bend to the will of others simply to appease them, thus pushing you into depression by going against your higher self and the lessons you chose for this lifetime.

## **DIET**

When it comes to nourishing the human form, be sure to consume things that are natural, non-synthetic and were created for healthful operation of your body. Be sure you understand there is much on food labels that are masked and concealed so that a consumer may not at first glance know what is truly contained within the product.

You need to look very closely to see what you are ingesting. Some foods considered healthy by society will not always turn out to be so. Many processing methods now used in the food industry remove the needed nutriment the body requires for optimal health, by modifying food items in negative ways that were never intended for human consumption, yet used for monetary gain by the food industry.

Many additives and chemicals are added to processed foods which cause long term health problems for those who consume such items on a regular basis. Read carefully what is listed on food and drink labels before you allow those unneeded items to cause a negative impact to your overall health.

Changing your diet can have a tremendous impact on your physical well being. Add more 'raw' fruits and vegetables and ingest less heavy meats to improve your immune system.

## **DREAMS**

A dream can be many things and many times people discard them, this is why the 'dream' is not remembered. You must teach your physical mind to remember them after being taught for so long that they are unimportant.

There is a chance for your body to relax, rest and repair and this allows the soul, the real you, the energy you, to leave the physical body and examine and learn, to bring back knowledge, to meet with spirit advisors, or simply to stretch while returning home for a brief time. This allows you to be away from the depression, as you might call it, as we refer to the drop in energy vibration between your physical existence and that which we, in the spirit dimension, experience in our non-physical form (beings of pure energy).

Dreams also create a release, or are a release for the at-rest mind where it is cycling through the events that a person recently experienced. There is no inhibition to prevent the mind from focusing on certain aspects, positive or negative, and hidden while you are at rest. There are many thoughts or actions that you may want to ignore in your waking life, the mind has the ability to uncover these, since you are not aware at the time. And bring them to the surface in an attempt to understand or simply to access its library of information while there are not other thoughts or physical actions being managed that will clutter this thought.

Many dream experiences are simply you leaving your body, or the body attempting to understand the sensations the soul has undergone. Attention should be paid to dreams and the state of dreaming. You are experiencing your true home, other actions that you will take or have taken, or your mind is helping you to understand the events of the day, or of the past.

There is much symbolism that can be confused but rather than directly interpret them you should focus on how they make you feel at first glance, the underlying motivation, the reason that this is being experienced by you at this point. Look at what things you may be missing or overlooking. If not, you are able to come back and do it again, in a lifetime or in another night of rest. Important things, messages, will always come to the surface, no matter how murky the waters, it will float to the top eventually.

## **ECTOPLASM**

This material is produced and drawn from a physical medium usually while the medium is in a trance state. This substance is used by those in the spirit dimension to bring forth physical phenomenon such as full materialization, partial materialization, levitation of people or objects (such as trumpets) and the like.

No special diet is required for the medium to produce ectoplasm with the exception of adding beef to the diet, which assists the mediums chemist (spirit doctor) in balancing the chemicals needed to produce ectoplasm already found in the human body.

Ectoplasm can be visible or invisible to the human eye and may also be made to appear in any of the primary colors visible to humankind.

## **ELECTRONIC VOICE PHENOMENA (EVP)**

EVP is simply where energy beings use such devices as telephones, computers, cell phones, tape recorders and the like to communicate to those in the physical dimension. Radios and televisions set on unused channels are used to transmit EVP by energy beings as well.

## **EMOTIONS (ENERGY BEING)**

There are energy beings that cannot experience emotion as you in the human form would interpret it in your current existence. There are many who simply interpret a vibration, or a color, or who have none of these and may only communicate, though communication is through various means, there is no emotion as you understand it now in your physical body.

Many do not feel with the same methods and senses of measurement that your body or soul uses now. You in the human form use verbal inflection, feelings and emotions to communicate between each other in the physical dimension.

When you leave your physical body and return to your true home in the spirit dimension you will no longer suffer the

misinterpretation of the spoken words or actions as you do when in the human form. Energy beings in the spirit dimension send and receive thoughts, which in their pure form is not misunderstood. Thoughts convey the exact intended message as it was meant to be.

### **ETHERIC DOUBLE**

This is merely your energy, your soul. This is what currently fills your physical form and controls it. It is what exists beyond and without your physical body. It has the ability to leave the body, and explore as it were, the area around it as well as other realms of existence. These are often what an individual may experience in dreams. This is a natural part of your 'body' that many more will come to know and realize and will serve to explain many unexplainable occurrences that are experienced by many who refuse to believe on your physical dimension.

### **EXTRATERRESTRIALS**

Much has been done to create an atmosphere that will have beings from off the planet received more readily. It is important that there be less doubt of the possibility, it is not important that all believe in sentient life, but the ability to conceive the potential for other life is important.

There are those who have visions and experiences, and as soon as they look at these events more critically, to go about the process of examining them deeper, they will see that this is something they can dismiss as a random event. It will take a time of great upheaval before those known as aliens render themselves available in the physical form and directly available on the steps of any government building.

They have come in single and small numbers just to study humans as they walk among you. Many will say they come to harm the planet or to enslave humans, this is not true. Those who come to interact with this planet shall be peaceful and evolved, in order to share information for the improvement of all that inhabit this planet at the time they disclose themselves.

There will never be a time when the Earth will be enslaved by outside beings. It is important to know that there is much done to create peaceful intervention so that no outside negative influence interferes with the earth. After official contact is made with those on Earth, there will be a peace in the aftermath and they will help to usher in a new type of technology and new beliefs for those present.

Just know there have been many instances of life throughout existence in this universe, and there have been many that have moved on or moved out of this universe or through it.

Many should understand that there are movies depicting a wide variety of beings for entertainment purposes. There is not a wide variety, there are only a few, but there are variations, and there are existences beyond that of your own in this same physical dimension. Though the Earth is a destructive planet and many aliens do not wish to interact with those in the human form, they are aware of you, yet many of you are not aware of them.

## **GOD**

The creator of all things in all forms and in all specific and general definitions is all that is and has been. Growth is achieved when those things created by God achieve growth. The life force which all that exists flows through is the 'Source of all Life' or that which you call 'God.'

God is that which brings into existence all forms of every emotion, each action and each entity. There are physical and biological processes that take place to sprout new life, but these are also the formation of order as defined by God. As we are all living things, we are all made in his energy image and we are also able to create; though not on the same scale as God while in the human form.

There is no harsh or cruel being to scold you or punish you, there are beings that are higher in development that will assist you along your path; both in this dimension and once you cross over and return to your true home. There are no beings to deliver punishment or guilt when you are in your true energy form.

There are others who exist in an alternate form, such as the human body, for purposes of learning, but not all are necessary

because of their spiritual evolution or understanding of universal law and all experiences within it. Patience and understanding is God, but so are all things that would be seen to the contrary of these things. It is important to see that there is no being that opposes God; there are no groups of beings who are responsible for acts that you, human beings, declare as evil. There are no beings set aside simply for the purpose of creating evil thoughts or acts. All things, all things, all things are the result of God.

There is much that is achieved by all through the experiences of all. The 'Source of all Life' built this and allows you to grow and create and in this manner both God and you create and grow and learn from the actions of the other. All things, all ideas and actions, beliefs and thoughts are assimilated. Each will become the knowledge of the other. You are here to remember that 'You and God' are one.

## **GRIEF**

Grief is a wonderful mechanism built into the human system, it allows an individual to process their loss based on that persons understanding of the true value of what was lost to them in that lifetime. Grief gives them the time they need to refocus and re-adjust to their new life path, which now offers new directions they may seek out for their spiritual growth.

Grieve not over 'when' your loved one died or not over 'how' they died; simply grieve for the physical loss 'you' feel in your life for now. For they are now on the other side and are happy and rejoicing, knowing that you, their loved one will join them when your chosen time of departure arrives.

They will be ready and waiting as you cross over for your reunion with them. Yes, their departure may leave some sad, depressed and even fearful because they are no longer here to aid us on our journey through life. Just know they are still with you, watching over you.

So grieve, but remember, you are still here on earth because you have more to learn, more to experience and more to teach others before your time is complete. Don't waste your life in grief and sorrow for you will be reunited with your loved ones soon enough. Hold that love in your heart and move forward

to fulfill your spiritual growth pattern. Life is always changing, be not afraid of change.

## **HANDICAPPED INDIVIDUALS**

From the spiritual standpoint handicapped individuals can advance at a faster spiritual rate but do not necessarily advance at a faster rate simply because they are handicapped. Just as every situation is experienced and the reverse is experienced, this may be another regular learning session for these souls.

There is not necessarily more or less for them to know, only different manners and more understanding because of the difficulties which are encountered because of the physical or mental impairment. More than they progress quickly humankind will progress as they learn the lesson of kindness, love and patience as it relates to these individuals.

There is much understanding that should be taken from these souls when they are present. No scoffing or dismissal as less capable but the patience and love expressed to all humankind should be shared on to these individuals as they too are souls in a physical existence.

There is a higher frequency with them to ensure they understand these lessons since the physical sensations they experience may not be the same as able bodied individuals. There is extra guidance to help interpret and after this life to go over and clearly understand what has taken place.

This may be the form taken in a life because of previous actions. There may be an understanding or a patience of them which can only be learned through the focused attention they now have through the absence of some ability that the majority of humans are given. They may not necessarily progress faster, they too can ignore or miss their lessons or step off the path and must return to accomplish what was given to them as their assignments for that specific life.

It is the absence or impairment that often gives them the focus and drive which can be missing from an able bodied person. They may have less opportunity to be adrift from their mission because their focus is on less frivolous things since they are much more depending on others or must be more self-sufficient.

Blindness, as an example, has the ability to allow those

experiencing it to become greater at experiencing other senses capable in the human body and to understand the subtle nuances in human interaction as well as abilities connected directly to the spirit dimension and communicating with it.

There is less interference from mindless action and are therefore less distracted on their way to their goals. This can allow them to progress quicker or accomplish these tasks quicker or easier. They are given a focus. These souls can return for this specific purpose of being disabled, when in previous incarnations they had missed the opportunity to complete some specific task. Not true for all beings, the handicapped are great teachers in their own right.

## **HEALTH GUIDE**

Their main function deals with basic nutrition, exercise, and sleep requirements for the physical body. This guide only appears for those working on developing some form of mediumship. Offering advice and suggestions necessary to keep your body fortified, and in harmony with the chemicals that are being introduced to your physical body by a Chemist.

## **HITLER (ADOLF)**

When the soul who lived the life of the one called Adolf Hitler returned to the spirit world, he was not judged by God. He was not forced to punish himself but was to undergo a form of counseling. Many of the actions, developments and forms of review he underwent upon his return were self imposed.

It is possible, for any soul, to accomplish such acts as were carried out in his lifetime and be unaware of the severity of their actions. He was able to return, if he chose, and not fully become aware of the direct involvement and the severity of his acts.

This soul has made progress through counseling, through reviews, through reflection of the actions that were taken during that specific lifetime. It is in this process now that he currently finds himself and there is much progress being made.

There were many things that were not reported through

historical records or through media, or through the controlled outlets. There were many things that were taking place within this lifetime that lead to this series of events for many to undergo. It was not necessarily an evil act, but an attempt to display the atrocities of the relating actions and ideals that brought forth this mentality into the world, which led to the violent death and actions taken in the name of the government who sanctioned and made right, true or correct the actions of the people for the sake of power.

It should be evidenced by historical document that there were no lasting positive outcomes that could have been brought about by acting in this manner; developing hatred, annihilation, these are not useful, but the men and women of this planet regularly engage in them on some scale. This was the goal of the lifetime known as Hitler to involve him in these actions in this manner through there was a great deal of external motivation and influence by those with whom he surrounded himself. For, it was not entirely his motivation alone that lead to the final outcome.

It is often the understanding of many that there was a need to intervene and therefore you find it acceptable to allow an 'eye for an eye' mentality. While this may appear true, there are other means that would have allowed for the removal of such a force. Though it would have been much longer and more hatred spread into the world, and even more violence on earth than what was experienced by those living through and in this period.

This was a grand attempt to teach the world the meaning of understanding, peace, and compassion and to be aware of this understanding involved in the motivations pushing these actions. There are many who experienced this time on many sides of the war and many sides of the morals held by many. There are many who will not have relinquished these ideals, and those who have crossed over from the physical existence who will not immediately understand, and will not be granted the ability to return to it so that greater peace may be held.

There are a few who have returned to complete some small task or influence but none to such a capacity that there would be great atrocity. There are many who have returned to a military capacity but were not in a position to accomplish the same level of injustice as they accomplished in the height of Nazi Germany. Many of them who reincarnated to military

interests have experienced the role reversal in order to experience the bloodshed and emotion that are accompanying those actions.

An 'eye for an eye' will leave the world blind, but even the practice of 'choosing your battles' on dealing with individuals you may encounter on a personal level, this too is to be put into practice on a much larger scale. Should the actions of Nazi Germany been less extreme there would have been no need to bring the world into a catastrophic war for removal of these beings.

Though, it is also the possibility in any war to remove those committing these actions and return them to a state of peace, that is, to seize them and then death be placed upon them, this is not a positive action. Better still, if the power considered evil can be removed, it is important to remove the individuals and place them in a prison where they may receive counseling. Counseling and peace is the priority, there are many who may have the ability to consider the actions and motivations of their life to that period, but there are many who will not, though it is not by the hand of another that should offer death to another entity.

When there is a path of nonviolence for those who have achieved it, this should be the way. The progression of all will come to this and through these actions the purpose of mankind is elevated and raised. For it is quite different to stop the 'eye for an eye' mentality and prevent it from being perpetuated.

## **HOMOSEXUALITY**

There are no negative ramifications from being homosexual or bisexual. There are physical damages that can be done through long-term sex of a specific nature, but there is no punishment in this act or sexual or loving nature of the human soul. On the side you will cross to when you are finished (spirit world), there are no genders unless you choose to associate with or be identified as a specific gender.

Specifically, that might better be expressed as there is equal love for all souls and therefore equal love from each gender for each gender. There is no definition of who may love who and in what way as God is concerned. A balance of love in all

forms is necessary.

Physical attraction of any kind is acceptable as long as it is not to the detriment of others. There are some that choose this path prior to living in a physical form, there are others who choose it once they are here and it is an outward expression of their lacking love from specific parental or 'parent-like' figures in their life. Though it is no less important the lessons learned in that situation no matter their motivations or the decisions to undertake them.

Many have not learned universal love, and perhaps the greatest lesson is not for the soul to undergo terrible persecution for sexual beliefs or the love of the same gender, but for mankind to understand that there is still a soul in each physical form. In a manner of speaking, no matter what is viewed on the exterior, and no matter the beliefs held inside that physical form, there is still an energy being within that physical body that is learning, experiencing and changing, just as those who might be eager to judge, blame, persecute and the like are still learning.

## **INNER CIRCLE**

Those individuals who have developed, or may be in the process of developing some form of Mediumship have what is called an Inner Circle (or what some refer to as an Inner Band). This group of Spirit Beings come together to provide the necessary means for communication between the spirit world and the physical world. Those energy beings (spirits) that make up an Inner Circle consist of a Master Teacher, a Spirit Doctor (Guardian Angel), a Chemist, a Gatekeeper (Joy Guide), Health Guide, and a Native North American Indian (usually two come forth). There are others, such as the White Order of Sisterhood for example, who also may join depending on what type of Mediumship you have developed, or which form you are trying to develop. The basic Inner Circle is made up between seven and nine members who comprise an individual's inner group.

## **JOY GUIDE**

Known also by the names of 'Door Keeper' and Gate Keeper' their function is to assist your Spirit Doctor (Guardian Angel). When your Spirit Doctor is not mentally in tune with you, the Joy Guide assumes that function. Should you ask for guidance with a problem, or ask for healing energy, or whatever; then the Joy Guide performs that task in assisting you. If the Joy Guide is unable to handle what the situation calls for, then they are in a position to call your Spirit Doctor to come and take charge of the situation. For those individuals who are doing some form of Mediumship, the Joy Guide also takes on another role which has been referred to as the Gate Keeper. When a human is bringing forth some form of mediumship the Joy Guide's function is to shield the medium from outside negative forces. Only the mediums Inner Circle (and those they give permission to) are allowed to communicate through the medium. The Joy Guide stops any other spirits or negative entities from coming near the medium while the communication is in process between the physical and spiritual dimensions.

## **JUDGMENT**

It is not necessary for man to pass judgment on another man for many reasons. Your existence is only temporary, only you will judge your actions, and the actions of those involved may be for the experience that was brought forth for them. There is much strife on your planet but there is always a need for those in a human existence to learn to forgo violence and hatred when they have been wronged; just as there is a need for those in a human existence to learn to stop hatred and violent actions.

This cannot be experienced on the levels of existence in the spirit dimension where you will return once your time in the human existence is complete. You can promote peace and make information available to alternatives, but there will only be peace where you decide to create it in your own environment. You cannot change others, only observe and allow them to be. You should be peaceful first. This will radiate to those around you and throughout many levels of

existence.

Worrying about others or trying to bring them to your way of thinking should not haunt you or frustrate you. There are many who are simply not interested. Making information, an alternative viewpoint available to those on earth will allow it to be digested by those who are interested when the time is right for them.

Many come to a lifetime here for nothing but strife, hatred, violence and wrong deeds. There is no reason to judge them for they are experiencing just as you have, though their focus may be on different areas than what you are currently engaged. You too were once in their shoes so to speak.

## **KARMA**

Karma is simply the balancing of energy. Laws put forth and even studies by Einstein may be considered universal laws as well as those he used as the foundation of his principles, yet karma in and of itself is not a universal law. Energy only changes form, it is never lost. There is always a reaction, in the same amount of energy, to that which is done by the individual. It may not be the same form, but it is still experienced, sometimes scattered, sometimes in one action, but always in the same measurement of energy.

This ensures direct learning by what one's own actions are creating. This is direct information on what one is doing, but also by what one is thinking. Like attracts like, a law of attraction is not merely a passing fad. For what you do there is always a vibration with that of similar action.

Often there is previous debt that must be paid for prior actions, and there is persecution experienced in this lifetime that was a direct result of the actions taken by that soul in a previous life. Quite often there is a balance in what one experiences by choice, choosing to experience both sides of the coin, both sides of the situation.

This can be by choice and can be called karma, though even if they do not choose, in order to understand, you must be both the 'murderer and the victim,' this is karma at work. You cannot only experience the rosy side of each action, karma is not punishment, but the polar opposite of actions had before in order to better allow you to understand what has taken place,

what is taking place, and what is being experienced by those when the other side of the action is experienced.

### **KIRLIAN PHOTOGRAPHY**

This type of photography uses high frequency electrical currents which in turn illuminate the basic auras that surround all living things.

### **LAW OF ATTRACTION**

First visualize that which you truly desire to manifest into your life. Do this every day for at least a month. Second be very specific about what you desire and feel it with strong emotion. Third believe it is coming to you, that you already have it. Fourth thank the great spirit for that which you seek, do so as if you already have attained it.

### **LEVITATION**

Levitation involves the use of invisible rods which are created using the ectoplasm drawn from a physical medium. Those energy beings from the spirit dimension then use these rods to lift people and/or objects in the physical world. An example would be to lift a person sitting in a chair and levitate them from one room to another and back again to demonstrate physical mediumship.

### **LIFE LESSON**

Soul's (energy beings) journey to this physical dimension in order to experience all the many diverse facets of unconditional love through what is termed 'Life Lessons.' Many of these lessons and experiences come in the guise of disease/illness, war/genocide, rape/assault, murder/suicide, and the list goes on. These types of life lessons are programmed into a person's lifetime so they can experience what true love is and how to

understand unconditional love through negative and positive events.

Unconditional love can be learned on a small scale or on a grand scale. For example, on a small scale you might experience love through cancer or heart disease. These not only teach the individual soul about love of oneself through loss, but draws in family and friends. On a grand scale, many soul's freely give their lives to teach love through such events as plane crashes, global disease (such as AIDS), mass killings, war, and the like.

Love has no limits when it comes to teaching souls its true meaning. You have heard it many times before and it is still true today as in the past; fear is simply the absence of love. Were you to truly comprehend the essence of unconditional love, you would never experience fear again.

### **MASTER TEACHER**

This is the most advanced energy being that oversees your human existence, and those energy beings who are assigned to assist you. From the point of spiritual awareness your Master Teacher is the highest evolved soul entity involved in your human life. He observes and watches over those who assist you and makes any necessary corrections concerning those who assist you. When you reach the point of death, he has the final say as to whether your soul will be allowed to leave your human body, or whether it will remain to complete unfinished lessons. If he determines you have progressed as far as possible, he will then instruct your Spirit Doctor (or what some call their Guardian Angel) to shut down the human body and assist your soul in removing itself from it. The death process can be instantaneous or a long involved process. This depends on what type of death your soul chose to experience for its spiritual growth. To die quickly for example through war, murder, car/plane accident to name a few, or to die slowly for example through cancer, stroke, heart disease and the like. Now if you are near death and you still have many lessons and/or experiences to accomplish then your soul will not be allowed to leave the body it occupies. Your Master Teacher will instruct your Spirit Doctor, and his helpers, to bring forth the healing energy needed to restore your health to a level

where you can then resume seeking to accomplish more of your chosen lessons.

## **MATERIALIZATION**

Most materialization occurs during a séance where a physical medium is working. Ectoplasm is drawn from the medium by the energy being who then uses it to cover themselves with the slightly sticky substance in order to become visible to those present.

A fully materialized energy being can use their own ability to speak directly to those in attendance. Besides full materialization one can materialize hands, only the head, etc. Depending on the level of the materialization those present can be allowed to touch the materialized form. Other higher evolved beings may materialize into our physical dimension, for short periods, to perform some task of immediate assistance and the like.

## **MASTURBATION**

There are many urges that are natural to human existence and are part of your health books and biology classes. However there are many other reasons why similar urges express themselves. Masturbation, this urge is, at its basic level, a desire to create something. To bring into being something from your mind and body, no matter if it is the words you write, music you write, a painting, something envisioned or created by you, a group started, anything that you wish to create. Because this energy is not being expressed in these creative areas it is expressing itself in the urges of masturbation.

Those who are involved with what could be called excessive masturbation do so because the creative energy is not being expressed and therefore you are finding the path of least resistance to balancing the creative energy that is seeking expression. This feeling you experience will continue until you create something of your own or focus on something more productive, something that creates a measureable end result.

There is energy released in masturbating which is the life force of many living on your dimension. There is energy in this fashion that is the root of many creative acts and this gives the beginning energy to many actions, feelings, emotions and expressive energies. It should be balanced and not lost excessively to allow greater energy balancing within the body.

## **MEDIUM**

An individual whose mediumship ability bridges the gap between the spirit dimension and the physical dimension is known as a Medium. They are in direct communication with energy beings from the other side as they transfer information from them to those here on earth. A true Medium may or may not go into a trance state depending on the type of mediumship (mental and/or physical) they have developed. Many Medium's refer to themselves as Psychic's, as this name is more popular with today's society, yet there is a difference between a true Medium and a true Psychic. (See 'Psychic').

## **MENTAL MEDIUMSHIP**

The conscious mind plays the major role in mental mediumship. Examples of mental mediumship are Clairaudience and Clairvoyance. In mental mediumship the energy being from the spirit dimension lowers their vibration in order to connect to the medium's vibration. The medium through development is now able to raise his vibration to make the necessary connection. Once their vibrations have joined, the spirit being can then transfer their thoughts and/or images to the conscious mind of the medium, thus bringing forth information to those who seek it.

## **METAPHYSICS**

Metaphysics simply implies that which is 'beyond' the basic scope of known physics as understood by mankind at this point in their timeline.

## **MIND**

The subconscious is the area of the mind that causes the mental conditions people develop in life. The conscious mind never causes mental or emotional trauma or problems in a person's life. Some individuals allow their subconscious mind to become too strong and allow it to take control away from their conscious mind.

The individual then has opened the doorway for mental and/or emotional conditions to manifest from within their own mind.

Use your mind to its fullest potential, think deeper as you seek out those lessons you have come to learn and experience. Do not allow yourself to become complacent and idle in your thinking and the living of your life.

## **MULTI-DIMENSIONAL**

There is only one soul (or spirit as some call it) for each life form on your planet. There are times at which you may experience other dimensions and exist in two locations, but this is your soul reaching out to these areas, or guides coming to you and bringing you to these places for your own well-being, or for learning.

There are times at which you freely leave your body and experience other areas. There can be knowledge learned when your existence visits these other realms but is not directly a second edition of you and your personality. There is the ability, in a waking state, to leave the body though still attached and locate one's self in new areas. This is possible. Though there are not many who can do this or are aware of it now.

There is a peace brought by this because of faster learning. Materialization can perform an aspect of this by allowing one's soul to a physical form in the new place but there is much energy required for this. In this manner there are two of YOU in existence at one time though you are still connected to your original human form no matter what takes place until it is seen that it is necessary for you to move from one form or dimension to another.

There is no need or reason to exist in more than one copy of yourself, we all learn information and knowledge as it is all collective. What one human experience's in one lifetime, all souls can witness, observe and later study and educate themselves on. In that manner we are all 'doubles' and copies because we can all experience the same information that one human existence experiences many lifetimes ago.

### **NEAR DEATH EXPERIENCE (NDE)**

NDE is an experience for certain individuals that entail their belief in the afterlife. It is important that some be broken from this or be righted on their path away from what they were currently pursuing. Some merely attempt to break free from their physical existence prior to their scheduled departure, not that it is to be understood that there is often a specific date or time.

There is a set of goals, a loose configuration of what should be accomplished, once it is so, or it is seen that it can be only accomplished so much and you are ready to make and exit, then you shall.

NDE are bodies that are being kept alive, usually through spirit intervention, so that the soul can be counseled or consoled in our higher dimension. It is important to know that there is not always physical trauma that needs to be experienced in order to bring NDE to a soul's existence. The trauma, usually interpreted by the mind, is often a catalyst for such behaviors to be understood. There is a clear break. This is merely an intermission allowing a break so that counseling of the soul can take place.

This often brings about development of skills or abilities that use other senses of the mind to produce psychic perceptions or a stronger soul connection so that communication in some or all forms is much more possible. It is necessary to understand that there are many who experience this but never return with information they were given. Often, in subtle ways, their conversations while out of their body, will affect their life subconsciously.

Others may not change. Others experience this information and retain the memory of such. Partially this is dependent on the individual; partially this is dependent on the situation.

## **NIGHT TERRORS**

Children who experience these tremors during sleep usually do so because of concern for their family. There is much worry and grieving by the child over actions within the family and the negative energy experienced there. Much should be done to create a harmonious, peaceful and loving environment.

Many feel that children are not capable of understanding the complex intricacies of the world around them, there is much taking place that they see and are aware of, even subconsciously. Children, and some adults, experience these things because they are living in it with the rest of the family unit. There is no other outlet for this conflict children observe and experience. There are no outside forces at work here that cannot be stopped by reasoning within the family to create peace and a balanced environment.

Elimination of certain aspects that are not part of anyone's highest good should be acted upon. Know what is important. Share time and love directly with the child in question. No passive enjoyment from children, assist them and guide them now. Do not worry that they have been neglected in any way up to this point; this is merely a byproduct of learning that much has taken place for their development in the future.

Children, and some adults, will continue to experience sleeping terrors until the energy in the family is calmed, centered and focused. If the family does not make these improvements there will be a wearing down of the child's mind and therefore having it become accustomed to this negative energy which can have dire consequences on their later lives.

Constant conflict can spoil the energy field of a child and have harmful effects on future relationships and interactions with others in later life.

## **NORTH AMERICAN NATIVE INDIAN**

The Indians of the North American continent had long since mastered the Natural and Spiritual laws and understood how these laws were to operate in the physical world. As these souls took that knowledge and wisdom back to the spirit

dimension, many then agreed to work with and assist those in the human form who were seeking to develop some type of mediumship. They work only with those who seek to bring forth mental and/or physical mediumship. There are usually two who come to join an Inner Circle. Their function is to build and supply the needed power/energy necessary to produce mental and/or physical phenomena.

### **PHYSICAL DIMENSION**

This simply refers to those living in the human form on planet earth and to all that is known to them in their universe.

### **PHYSICAL MEDIUMSHIP**

The unconscious mind plays the major role in physical mediumship. Levitation, Direct Voice, and Materialization are just a few of the abilities that are produced by physical phenomena. In physical mediumship a spirit being will use ectoplasm drawn from the medium to produce the desired effect. Ectoplasm is a slightly sticky substance which is sensitive to certain kinds of light, and is drawn from a medium's body. Ectoplasm can be visible or invisible to the human eye. The spirit being will draw out the ectoplasm from the medium to cover parts or even all of its spirit form, so it may be viewed by those in the human form. Many new physical mediums will be able to produce ectoplasm in the near future in all the spectrums of light.

### **PRECOGNITION**

The basic meaning of precognition is 'to know beforehand.' An individual receives an impression of a distant future event that may or may not be a negative or positive 'specific' event or happening.

## **PROPHECY**

Prophecies or predictions are usually in the form of something negative (yet can be positive) and come as a 'warning' of what may come to pass if humankind doesn't make positive changes to alter the envisioned negative event(s) prophesied. Prophets say for example, there can be spectacular advancements in the areas of spiritual development and scientific knowledge/technology or there can be great catastrophes through; wars, disease, famine, drought, global warming, terrorism and the like.

Changes made usually involve the greater good of humankind and/or that of Mother Earth. Change of any true meaning must begin with the individual self. Then one can create a positive impact upon the physical world they dwell in.

## **PSYCHIC**

An individuals whose ability(s) deal with the physical dimension, and they are not tuned into the spirit dimension (as a Medium would be). They mainly use Extra-Sensory Perception (ESP) and/or Intuition to read your thoughts and/or vibrations. They commonly tune into your sub-conscious mind to receive information directly from you. They are not in contact with any energy beings from the spirit dimension. Just know in today's society, many who are Medium's simply call themselves Psychic's because it has become a common name for the public to identify with.

## **PSYCHOMETRY**

All animate and inanimate things have a vibrational rate which can be handled by mediums that are sensitive to such vibrations, and information can be brought forth concerning the objects past history associated with the said item.

## **REIKI**

There is no specific Reiki; it is the mind intending to do good for the person or entity in question. There is no specific healing skill that is acquired through Reiki, just as there are many religions of the world there are many different modalities and terms for the same action. That action is healing or the direction of energy, the channeling of energy with the intent to heal.

Your mind plays the largest role in all of healing. There is no external force that can intervene to the same degree that your mind is able in order to generate a desired result in the physical body. We ask you to consider your desired outcome and then see it in your body.

The second greatest physical intervention that you can take part in is the physical ‘laying on of hands.’

This energy differs from that of simply mind intervention because, when a different person other than you is used to deliver energy, there is now the power of two. There is the combined mind power and intention to heal than before when there was only one mind focusing on the healing quality.

At no time should there be reason to doubt this ability. Reiki was not born from a mystical being or some divine imparting of wisdom. There is wisdom that has been brought to this dimension by those born into it because they have had this ability each and every lifetime. There have been subtle nudges to some so that they remember this information and return to it.

There is no great being that is going to tell you how to heal since all of this is simply a matter of, literally, putting your mind over your body and controlling your body with your mind. There is physical energy that comes through during energy healing and the direction of this healing, in part, is through the person channeling and their own energy. A large bulk is sent from the world of energy, the spirit dimension, through the physical form channeling. This energy does not differ because of an in-between channel. You may ask for this type of healing on your own and receive it.

## **REINCARNATION**

The cycle of incarnation, or reincarnation as it is known, is merely the process chosen by many energy beings (souls) as a way to advance or progress at a faster rate. One can progress just the same without ever incarnating into a physical body, yet spiritual advancement can be accomplished at an accelerated rate by incarnating into a human form where the negative element can be experienced first hand; rather than simply studied and/or observed through other energy beings that have lived in a human body. It is up to each soul individual as to which path they choose to follow.

Just know your previous lifetimes have brought you to the place in which you currently reside. There have been many on your current path that you have experienced in similar times. There have been many mothers and fathers, brothers and sisters, wives and husbands, sons and daughters and the like; some were of great importance to you while others had little to do with you based on your chosen spiritual journey and their chosen spiritual path.

It is not the nature of the societal construct of the family unit that is important; for many receive these same relationships at various points during the course of their lifetimes. Just know that family is important for some souls to help them learn and experience certain lessons, while other souls do not need the close family ties to learn or experience their chosen lessons.

This is why some families stay connected and others seem to scatter to the winds. It's simply that individual soul's desire which compel them to seek out their individual lessons, chosen by them for their personal growth.

## **ROOT RACES**

These are classes of energy beings that come in waves and generations. Each one may have a mission and/or goals to accomplish, but an overall group that begins to enter the physical world has a higher purpose. Each may be seen as a new age when they enter.

There are always higher goods to be done, but these souls

enter the world with much more to work with as a catalyst for previous generations already on the planet. They can begin seeding the planet with new ideas, new terms, learning and understanding the past and bringing it along to new ways.

Each may also bring subtle physical differences which may not seem visible, these are subtle changes in the evolution of human kind, in part because of man's control over his physical realm and others seen from your dimension as needed improvements to come with the coming age and changes that will be experienced.

You can see this as marked time periods throughout history when there were major thought shifts, major developments in the society of human kind and the views expressed by them. It is needed to be known that there are some changes that take millions of years, all improving the human experience or making it more worth-while to those who decide to venture into it.

Classes of people often do not understand those who came before them, and as much as this is a learning process for those who are present, this is also a learning process for those who are coming in. They need to experience it, to break free from it and to push on with the new for the betterment of the humans in this existence.

There are many who have outside influences from other races (beings from other planets). These are a combination or by-product of two or more species of existence mixing at any one time. There are also changes and additions of DNA by other species to attempt to improve and contribute for the higher good of humanity.

## **SHIELD OF PROTECTION**

Calling your Spirit Guide or Angel to place a protective shield around you each day is helpful, but just know, each individual is protected on their own from within if they are working for a higher good that does not involve selfish or personal reasons. There will always be protection of a positive nature from within your own body and mind when the greater good is being brought forth by the individual.

A protective shield does not always come from an outside source. Guides or energy beings from the spirit dimension do

not always intervene since the majority of energy and action takes place from within you, whether you realize it or not.

Calling it something that happens outside of you by another force is possibly easier to understand, just know that almost all protection comes from your actions, commands, thoughts and beliefs. Nothing good will come to you if you don't believe it first. Negativity will not join you unless you call it or bring it forth with your own negative actions.

## **SILVER CORD**

All energy beings (souls) who incarnate into a physical body have what is termed a 'silver cord' connecting it to its etheric double. As long as this connection is maintained the etheric double can visit places of interest in this physical dimension or even other dimensions for its learning process and remain attached to its human body. Sleep is when the etheric double does most of its traveling and wondering to different places of interest for its benefit.

## **SOUL**

Souls are basic energy creations, as God, the 'Source of all Life,' is infinite energy. Spirit energy as some call it is simply that part of God that connects all living things to each other and to God. God created souls (energy beings) in order to experience that which he created on an emotional level.

As a soul we grow and experience the knowledge of God, who then in turn experiences through us, his creations. God gave his soul creations the limited ability to create and the free will to lead ourselves into the experience of the negative and the positive aspects that exist in life. Souls can experience the negative side of life, whereas God cannot. So God experiences the negative through his creations.

As souls, we are experiencing and gathering information not only for God, but for our individual advancement. No Matter whether we are in the human form or back in the spirit dimension, we are seeking to grow more God-like in our own right.

Remember, your true form is that of pure energy, all things are of energy, you will always maintain your individuality as long as you desire to do so. Just know that as an energy being you are part of a larger grouping of energy beings. That is the connection we all have to God. As you combine your energy to this larger energy group, Gods energy expands and continues to grow. Worry not about joining your energy with other energy beings, for you still retain your identity, for we are all a part of that infinite energy of our loving God.

## **SOUL MATES**

There are soul mates in your sense of what persons or people return for the purpose of interacting specifically within one another in a specific lifetime. This does not have to be a long term interaction or a significant interaction, only that the interaction occurs, by both agreeing, and by positive consideration by those above you.

There are some who are soul mates who are engaged on long term relationships and others who are short involvements in your life. The purpose of these relationships range the full spectrum of needs, emotions and purposes for development or receiving an experience. It is important to know that simply because you are soul mates does not make you lovers. You can have friends and colleagues who are soul mates.

Soul mates can refer more to your similarity in progress that has been made through your development as a being of energy, your true self. Though, it is possible that there is a link between beings that do not reside in these areas of existence within your true home. There are soul mates who work together on progress, often these can be groups, not limited to just a singular pair.

These groups work to promote and motivate, or help to understand the experiences had by the group for the sake of evolving and as you might understand it, educating each other for the purpose of ascending to a higher frame of knowledge.

It is possible that significant or insignificant relationships also be of your own free will or those that were destined to happen or created to happen for your experience, or even by chance, and that those individuals share nothing in common

with you on any dimension. Though, in many cases, in order for a successful long term relationship of any kind to take place and be maintained there is often a meaningful accord between the two beyond the physical realm in which you currently reside.

It is important to see that there is much change coming at this time and that there are those who are destined to have greater roles than others. This does not mean that there are no soul mates or that we are all connected any less than what you have once thought. It is important to see the light that is coming to you and is always available to you.

Free will or choice or that which is determined, however loosely, before you arrive, these are the things that make this existence real to you. It is important to engage in all things as though they were true and for your highest good, simply because you do not immediately know, it is important to take on all things important to your evolution as though they were bringing you up to the next level of progress.

## **SOUL MEDITAION**

This type of meditation is basically for those who wish to develop some type of psychic or mediumistic ability. As you open yourself to soul meditation you open a pathway between the physical world and the spirit world. You then allow those in the spirit world to connect directly with you. There will be a group of energy beings who will come to work with those who seek this path in earnest (see Inner Circle). The following will give you the basic foundation needed to begin this life altering journey.

1. Choose a room in your home/apartment that will provide a quiet place to meditate. A semi-dark room to begin with will help quiet your mind. Soft, meditative music will also help the beginner.
2. Do some deep breathing. Breath in and hold for three seconds then release and hold for three seconds. Do this for a total of seven times to relax.
3. Start by sitting in a straight backed chair positioned in the center of the room/space you have chosen. Later,

you may use a more comfortable chair or even lay flat on a bed, as long as you remain awake. While sitting in the straight backed chair, rest your hands on the tops of your thighs, arms uncrossed. Keep your legs uncrossed and feet flat on the floor. Wear comfortable, loose fitting clothing or you may if you so desire meditate in the nude.

4. You may begin your meditation with a prayer or simply a statement of your intent. You may say it mentally or speak it out loud.
5. Now close your eyes clear your mind and relax. Concentrate on the soft music if you have trouble clearing your mind.
6. Start by meditating 15 to 30 minutes or whatever feels comfortable for you. Decide on how often you will meditate; such as once a day, or three times a week or only once a week, it is totally up to you. Just remember it is very important to follow the schedule you choose. If you decide for example to meditate on Monday, Wednesday and Friday at 9am, then be punctual and be ready to work with your Inner Circle. They will be there and so should you.
7. When you have finished your meditation say a closing prayer of thanks or simply thank your Inner Circle for their assistance.

## **SPIRIT DIMENSION**

This is the true home for 'energy beings' or those known as 'souls.' These are the same beings that incarnate into the physical dimension and take on a human form for learning and experiencing that which cannot be obtained in the spirit dimension.

## **SPIRIT DOCTOR**

Also called the Guardian Angel, he is the main energy being who oversees that life you are now living. Calling them 'Doctor' in the world of spirit is the same as those on earth who, for example, would hold the title of Doctor of Philosophy

or having a PhD in a specific discipline. Their job is to assist you with completing the lessons you programmed for this life experience. Making sure the lessons you chose are placed in your path, whether you learn or do not learn the lesson is up to you. If you fail to learn a lesson, your Spirit Doctor may place you in a similar situation(s) to give you more opportunities to experience and learn the lesson you chose. He will also supervise how and when the other spirit helpers may or may not interact with you during this human existence. When you cry out for help or for immediate assistance, for example, he is summoned and will assess the situation and take action, if required, depending on what you programmed to experience.

## **SUICIDE**

This is no different an exit from your dimension than any other manner of death. This, as others, is a physical action manifested from the thoughts and stress that persist on one's mind. These can be overcome, and if not, there are many counseling sessions and advisements when that soul returns home so that they can understand what torment they felt they were experiencing.

Often times this is a young soul, not many human experiences, and this is something they must overcome in order to continue learning in the lifetimes of humans. This is no more or less negative or positive than any other action taken on the earth plane.

Trial and error, education does not always come quickly, learning by doing. Living the life is how we come to understand and know it. Self-inflicted death only returns you home, but know that you will live again in a human form once information had been passed to you so that you can again experience those same conditions and allow yourself to grow.

You choose these things in your path and you can overcome them. There is no cheating and giving of more information in an attempt to stave off suicide in the next lifetime, for not much about the energy existence is at first readily available to you when you return. There are some ideas and knowledge that is in harmony with all beings who are not completely engulfed in nonsensical ideas on the physical dimension.

Those who have greater information of spirit or those who involved themselves in it may also see it as a tool for overcoming what they fear are overwhelming circumstances. Those situations are only to provide a specific circumstance for that soul's development and to experience that certain set of situations.

## **TAROT CARDS**

These cards are useful for speaking the mind of the medium or psychic that is using them. There should be an instinct at work that brings forth more information once the card is viewed. There are those not working with guides and there are those working with guides. With guides' manipulation can take place to bring forth the proper messages in order to then connect and trigger the medium onto further information.

Yes, tarot cards can be used to verify information. Though, those who are simply flipping cards and reading their prescribed meanings are not necessarily giving great or in-depth information.

These cards can provide accurate information if a connection is made with a higher being or one is working with that soul. There is much that can be brought forth with tarot cards but many mediums do not realize that they can move beyond this method to give direct information from a spirit being without any interference. Some mediums though will not move passed it as they are too fearful of inaccuracy or are unaware that they have this ability.

There are many who will give correct information but it is important to have thorough knowledge of the deck of choice and ensure that this deck is attuned to your vibration. These are not card games and should be a serious focus and endeavor for those who are willing to study it intently.

Tarot cards were brought about as a means to trigger the mind with general expressions that are more aptly applied to the situation or question at hand; though those who have a direct connection to spirit will know that there is more information and guidance available upon seeing that card as they are often imbued with further information. Whether they realize it or not, they may be giving it as what they feel is personal counsel but is often an idea, thought or sentence that

was given to them by a power much greater than themselves.

As with all communication and guidance it is important to work in this field and focus your attention to it. Greater information will come to those using theme that will allow them to move on. There should be a set schedule of study and practice to allow further development. There is no reason to think less of this manner of communication so long as you are aware of how practiced the tarot card reader is and their focus and attention.

Accurate information is not always had from a person in this lifetime who merely reads these instruments a few weekends per month. Greater intuition is at play for those who are using them though they should ensure that they are reading the situation from a different vantage point and not the energy of the questioner who is simply thinking of that situation.

A great change will come that will unlock greater potential and make those aware that they too can have communication with spirit. Many do already but do not realize that these are not their own thoughts. Seriousness is not the point; experienced is the purpose in order to fully engage in the higher information.

## **TELEPATHY**

In the spirit dimension communication is accomplished through telepathy. Pure thoughts are transferred between energy beings. There are no misunderstandings or misleading information transferred between energy beings; unlike the spoken word in the human form where it is common for misunderstanding and misleading information to be conveyed.

Telepathy is simply pure thoughts being sent and received mentally without the use of the spoken word. Humans do have this ability but for lack of understanding rarely use it.

## **TESTING**

There will be times during your lifetime when you will be tested. These tests were programmed into your lifetime by you before you entered this physical world. No one else tests you;

you are the only one that causes doubt in yourself. Your old memories will bring you through what you see as trying times.

There is no danger, only experience which comes to you in the form of programmed tests. The human language has many words to describe types of experiences. When in reality they are all only experiences; no good or bad, just an experience. You went through it, and then you think about it. What should you do? What did you do? Are you okay with that?

Tests come in many shapes and forms. Just know God loves all his children no matter from what country, culture or race they hail from. All are loved unconditionally as his creations and he holds no one above another. All are seen as equal souls in his eyes.

Praying to God to strike down one you consider an enemy is asking God to kill one of his own children. No prayer is ever acted upon by God if it involves destroying one creation at the behest of another.

Murderers, child molesters, rapists, etc.; Do they deserve to be punished for the rest of eternity, to be damned to hell? If you answered 'yes' you have failed the test of understanding what true unconditional love conveys. Open your soul to love and forgiveness or you will have to experience many, many lifetimes to learn a simple truth. That we are all connected through God to one another.

Try to think on a deeper level and see things through the eyes of our loving God. There is no right and there is no wrong, replace fear with love. You will see all that happens is for the advancement of all creation. You cannot harm or punish another without harming or punishing yourself.

The time will come when humankind will comprehend what the 'Source of all Life' has given to them. Once they comprehend the true meaning behind these lessons and experiences, humankind will once again become enlightened.

### **THIRD EYE**

Simply the third eye is located in the middle of the forehead between the eyebrows and this is where the chakra center for the mediumistic senses such as clairvoyance is found.

## **THOUGHTS**

When you think and produce thoughts, whether positive or negative, you are creating them using spiritual laws. These are in conjunction with physical laws which operate while you are incarnate in a physical body. Thoughts move throughout the cosmos and are not contained or hindered by solid matter. They are stored in the Akashic consciousness of the ‘Source of all Life’ or that which some call ‘God.’

Whatever your thoughts concern, the more you dwell on them the more power you give them. If you add strong emotional energy (love or hate for example) they grow even more profound in their essence.

Moving your thoughts into a positive direction (love) can bring about spectacular results in your life; affecting both your physical life and that of your spiritual enlightenment. Dwelling on negative thoughts (hatred, anger) brings about turmoil and chaos into your physical and spiritual life.

Your individual thought patterns have created the very life you are currently experiencing. Whatever life you are living now, positive or negative, you are the sole creator of that existence. Using your own pure thought patterns you brought forth this life, remember the law of attraction.

You cannot blame others in your life for the misfortunes that have befallen you. Change your thoughts and you change your life path. It’s up to you; no one can do it for you, stop being so afraid of change and take positive action to move forward.

Spirit energy is never destroyed; it can be transformed into many things on many levels of consciousness. But never will it perish or fade away. Gather your thoughts, narrow them into a positive goal then focus and visualize them in your mind. Combine them with positive emotion and transform them into physical reality. That is the basic scope of your ability to co-create in the human form within the confines of pure consciousness.

## **TRANCE**

There are seven levels of trance an individual may experience, from a light trance all the way to where an individual allows an Energy Being to take total control over their body. An Energy Being can come into total harmony with the vibration of an individual's brain pattern, and at that juncture they can completely control the speech, and all other main faculties of the Medium with their permission. That in turn allows the Energy Being in the spirit dimension to communicate directly with those who are present in the physical dimension. At no time while in the 7<sup>th</sup> level of trance does an individuals Soul leave its physical body.

## **TRUE PRAYER**

Prayer is simply a matter of your true intent. Select your outcome; envision that outcome as you would enjoy it coming to fruition. Ask that positive energy be sent so that it is done. This is the same manner by which healing or other energy is transferred. You can send energy to the problem area you seek to change or resolve. You can repeat your statement of intent in your mind as often as you wish. This will radiate out from your body and deliver the energy into the universe. The fact that your mind is power that constructs the universe around you, this is doing the same. Your energy emanates from all around you.

Just know that some things will not be interfered with and there are some that may ultimately change because of the positive energy directed by you and others towards it. It is only necessary to speak the positive outcome you wish. It is only necessary to have in your mind the vision of the completed outcome that you wish to achieve.

The asking of prayers for others is as simple as asking for prayers or positive outcome for yourself in certain situations. Simply settle your thoughts on the outcome or action you would like to see and visualize this energy leaving your body and affecting the universe for the positive development of this event, action or feeling will contribute greatly to it. This act should be done with all thoughts you hold true and visualization helps the physical body and the physical mind

perceive the true nature of what is attempting to be created.

It is not always necessary to visualize, simply settle on your true intention, your desired actions and outcomes. The energy will be released simply by your repetitive thought energy or words spoken. It matters not how this outcome is affected by your energy if it was never meant to be.

There is much that relates to some general and basic plan, and goals can be met no matter what path you take, they can be received in many forms. So fear nothing of skewing your original purpose in this lifetime by altering an event through your power of thoughts and energy. There are some that will not be changed and others that can be changed. Realize that for some, no matter what energy you wish upon them, there will not be change until they are ready for this and accept it and desire it. It should be known that there are many who are positively impacted by your prayers and energy even though the desired outcome is not presently visible or measurable.

There is power in numbers. There is great power in groups of spirits who wish the same positive outcome, though in some cases, it is not possible to intervene because the will of so many is that someone be saved or otherwise from some act or timeline of events. Simply see yourself as you wish the events to take place. Radiate love into the event; radiate the vision from your body into the world. Allow these things to be expressed by you and they will flow more easily into others when the situation is desired.

Appreciation of those things which have manifested only serves the higher self as it is seen that you are not dabbling for the surface's sake; not addressing a cause or issue simply for vanity or other impermanent reasons. To appreciate an outcome or situation is to be able to rely on this in the future.

Thoughts are no less ignored simply because gratitude is not shared, but appreciation of such gifts is important. This is much in the same way that one should appreciate the senses and everything in their present world. Allowing full appreciation allows deeper understanding of the true nature of that which is appreciated and the reasons and purposes for it. You know the reasons for your existence but there are many intricacies of this. Appreciating each aspect of yourself only shares into it the greater energy and understanding that has come with your full awareness of this.

Appreciating something, an aspect, an emotion, appreciating this in another person only serves to amplify this in you and within that person. Simply by your perception it is amplified and through the energy exchange process. It is important to earn all things that relate to the senses and the body and allow them to be experienced. Do not become a mind on 'autopilot' for this process may lead to deterioration in these areas when attention is not paid to them.

The correct prayer is the one full of universal positive creation, that which is done without vanity, without attempting to change the events for personal gain and selfish interests. When those reasons are the motivations the desired outcome may be reached but there are other areas that will need to be addressed. This is often why it may appear that luck befalls many people only to have one problem after another after another. They may also give you the impression that their life is running smoothly and you may view them as being very fortunate. You are all fortunate, but there are some who hide the strain that is present in their life because of the 'ill gotten reward' lessons for each individual appear in many forms.

Each has free will and often the lesson or teaching situation is tailored to that specific lifetime and specific instance. Simply because you choose a differing job than what you first intended does not mean that you will have missed on some opportunity or lesson. The style can be changed so that it can still be implemented. Some feel they are trapped and this is not the case. Free will dictates many things that you do, many situations are still present because of the purpose of your lifetime, but many events take shape based on the decisions and actions and energy of the person living that life.

It is important that if you are asking for protection of another, for the healing of the earth, that you simply send that energy with your mind, with your thoughts, your works; you can send this same energy as you would send healing to any person, thing, object or situation. Healing energy is not the only type of energy which is channeled by humankind. Know that each emotion is energy and each emotion, the energy within it, can be sent as you would send healing energy through you to another being.

Anything can be sent; the emotion, the action desired, the energy associated with it in its truest form and purest form can be channeled. It is important for all who will read this to know

that you are not required to enter a trance state in order to channel. Simply meditate on the energy and send it from you. All humans can channel; most are channels for their own energy without being aware of it and therefore cause actions and reactions without being aware of their direct affect on their own lives. All can channel energy to others and all can receive this energy.

## **UNIVERSE**

This universe is here for your enjoyment, for your learning, for your development. This is a place where trial and error can be exercised. Much learning in any physical or energy form is done so through reading, but much more is grasped and carried out when a form is placed within a situation and made to exercise judgment from within the confines of that reality.

There is much learning understood by reading on the theories of existence or the reason for any specific function you wish to learn. It is only by immersion and practice that you gain true knowledge and experience and the wisdom of those who have gone through before you.

There was a need for those in energy form to experience this world and to exercise judgment. Judgment is multifaceted and an important part of your creation and deliverance to higher realms. This place of learning, it is of importance to understand that you are not isolated from any other dimension while you are in this physical world. There are many who travel between each area and there are none who are untouched or unrelated in terms of travel, ideas and the energy that reaches each area. All are related, all are in a cycle that is entrenched in their own creation.

It is important to know that there is much taking place on each level. That the goal is to learn and move through trial and error; not simply for repeating knowledge that one finds necessary because of the requirements of the position or how it could be considered repeating random facts within an academic classroom.

This is not the purpose; the purpose is to acquire true knowledge, to interact with the world. Each soul is a creator in their own right and this also allows you direct and immediate

contact with these abilities, though there are many through the process of their learning, who are equally involved in destruction. There are many attributes which still exist between your existence in this field and your energy existence in your true home. Many of these relate to energy thoughts, actions and abilities.

These too can be used in your physical existence. There are some things that are more immediate because you are in a physical existence and there are some things that a greater time span is considered when implementing your thoughts. This allows for true reflection, greater interactions between entities and so on. There is not a place in the world that is unjust. There is a need for you and others to raise yourselves and those around you so that there can be a change in the way this world is perceived. There is a time when you may be concerned you are 'behind the times' in terms of evolution of ideas that are barbaric.

Look at how many in the U.S.A. who are focused on materials view the circumstances of less fortunate beings in Africa. These same views are applied throughout the universe and throughout each dimension and in between each area. There is an understanding needed by those on every level to achieve and understanding and an independent unbiased attitude towards giving and receiving love.

While there are many other energy beings who have evolved to a much higher state concerning this ability, there are many who have not. These goals have been established only by you for each individual in conjunction with the ability of each creator and higher being in terms of involvement.

It is important to learn about this place and how to interact with it. There is much that can be done to save many from grief, but it will only happen when those who are focused only in their immediate area remove themselves from ways that make them different to others on very small and even grand scales.

There are enjoyments here and they are allowed to be experienced. Simply because a man enjoy games or alcohol does not make them negative experiences. Many have great work to do and for some these can be hindrances and should be avoided, others seek comfort in these things. For most, any activity can be experienced as part of your goal as to learn and experience all that there is to learn while it is within your reach

in this lifetime.

There is no need to shun; many of you are doing this now. Moderation is the key. Much is done to excess, but there is much that should be experienced to a greater degree. This place is to learn of these things. There is much that takes effort, creating harmony takes effort. Learning all there is to learn takes effort. Many individuals slip idly through each lifetime, but no matter the acts done or left undone, each will accomplish and return with the same level or degree of information for their continued progress and learning.

Leaving this place you will find yourself surrounded by love, no matter how evolved or unevolved you consider yourself to be. Each area is filled with the love that those relating and in common with you all have. There are greater degrees of this, based on what each has done and accomplished, what each has focused on and what each is intending to complete or place their focus upon.

It is important to know that there is much that can be done while you are not in a physical incarnation. There is much that is accomplished while you are simply an energy being, though there is much that is considered perfect by you in this place which you do not currently reside.

## **VISUALIZATION**

This is the simple act of seeing mentally what is desired. Positive changes can be manifested through visualizing an individual, place or event. Visualizing the end result can produce a positive ‘thought’ which will then manifest into the physical world. For example, visualizing yourself in a state of better health can foster a change in ones desire to be stronger and having more vitality overall.

## **WISDOM FROM BEYOND**

There is time for action and that time is now. There is no reason to sit idly while there is so much work to be done. You know of distractions, many people experience these distractions as though their whole life should revolve around

them. Their sports or leisurely endeavors overcome and consume their waking thoughts. There is so much time spent on unnecessary things. That is to say, more should be done with one's time, though it is ok to find interests, there should be more time attributed to the workings of mankind and your planet, and how they relate to each other, and how they can be improved for the good of all. There is much to be done, work, work for peace, work for others. A humble soul is far more pleasing than one that flaunts unimportant wealth, assets, or other false wisdom that helps on one but their own ego.

There is work to be done that would require a change in mood, attitude, and personal vies so that peace can be experienced by all. Communism is an evil word but we do not aim for all assets to be spread evenly, only that all be given an opportunity for the basic rights of mankind to survive.

Many medicines can be used but only until changes are made so that these problems can be removed from the earth, then one can use thought and mind to control the healing process which is internal only. Peace to all. The rights of others are just as important as your own. There is no need for violence, by action, thought or words, against any other person. They are different, they are no evil. All have same hopes, dreams and fears and all can be accomplished equally.

There is a time approaching when food, money, medicine is what should be sent around the world instead of military force and the war, violence, death and destruction that accompanies it. Your actions are what will spread peace into the world. There is much to be done and your sports will not help your neighbor who is in dire need of basic tenets of life. Helping others is what is you are here to do. This help must be by action. Do not cast those less fortunate aside in hopes that they will disappear. You would want this assistance if you were in this situation. What respect and dignity would you want if you were homeless or living in any other situation that society and mankind deem as less than adequate?

You are what you create and do with your mind. Work is to be as necessary as those who came before us, it does not define us, and it allows us to create s supply of energy so that other things in life can be accomplished. A change will occur and different jobs will be made available. An economy based on money is not always necessary and when a change happens there will be jobs that are more in line with mankind's goals

and helping, rather than personal gain for the person at the top of the corporation.

There is much good that can be done if a single person were to cast off their oppressive ways of thinking and reach out to those who need it. Patience, calm, prayer/meditation, trusting in others; these are the needs of mankind that should be focused on. Not everyone is evil, bad, or out to harm others. We all want basic rights in our life; each person should respect the next as if they were themselves or their family brother. Being on top of the pile in terms of wealth is not helping anyone if you spend it on ill items. Peace. Breathe life into everything; manifest the good by kindness, understanding through all means necessary. Compassion and dignity are wanted by all and should be sent forth by all. No forced beliefs. Illegal is nothing but one's mind shall be the judge of that later.

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